



Live Oak Senior Nutrition & Service Center

111 Church Street, Los Gatos, Ca.

• Catered Lunch Monday thru Friday, 11:30am - 12:30pm

• Serving Seniors 60+

Place your meal order for the following day(s) or week in person or by calling 408-455-5698

ORDERS MUST BE PLACED BEFORE 1PM FOR NEXT DAY MEALS

JUNE 2026

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	VISIT OUR WEBSITE
	CHAIR YOGA: 10:45 - 11:30 am	FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00am	TAI CHI: 10:15 - 11:15 am BINGO: 6/25 12:30 - 1:00 pm		 liveoakseniorcenter.org
Hot Meals MONDAY	Hot Meals TUESDAY	Hot Meals WEDNESDAY	Hot Meals THURSDAY	Hot Meals FRIDAY	Cold Meals MENU OPTIONS
1	2	3	4	5	JUNE 1 - 5
CILANTRO LIME CHICKEN * Corn Tortilla * Pinto Beans * Squash and Carrots * Fruit of the day * Low-Fat Milk 1%	BEEFY MAC BAKE * Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	CHICKEN & CHEESE ENCHILADA CASSEROLE * Cauliflower * Romaine Salad * Fruit of the day * Low-Fat Milk 1%	TURKEY MEAT LOAF * Glazed Carrots * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	GRILLED CHICKEN & PINTO BEAN BURRITO * Salad w/Balsamic Dressing * Fruit of the day * Low Fat Milk 1%	1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheddar Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
8	9	10	11	12	JUNE 8 - 12
SALMON TERIYAKI * Brown Rice * Asian Blend Vegetables * Fruit of the day * Low Fat Milk 1%	VEGETABLE FRITTATA WITH Broccoli, Zucchini, Bell Pepper * Roasted Potatoes * Fruit of the day * Low-Fat Milk 1%	TURKEY CHILI * Baked Potato * Corn Bread * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	CHICKEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
15	16	17	18	19	JUNE 15 - 19
GENERAL TSO CHICKEN * Chow Mein Noodles * Asian Vegetables * Fruit of the day * Low Fat Milk 1%	KOREAN BEEF * Brown Rice * Sauteed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots * Fruit of the day * Low Fat Milk 1%	TURKEY TACO BOWL * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	VEGGIE CHOW MEIN * Asian Blend Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	1) Chicken Caesar Salad 2) Vegetarian Caesar Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
22	23	24	25	26	JUNE 22 - 26
EGGS & TURKEY SAUSAGE * French Toast Sticks * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	ARROZ CON POLLO (Rice w/chicken) * Black Beans * Mixed Vegetables * Fruit of the day * Low-Fat Milk 1%	BAKED ZITI w/BEEF * Tomatoes & Zucchini Baked Inside * Carrots * Fruit of the day * Low-Fat Milk 1%	ROASTED PORK w/GRAVY * Mashed Sweet Potatoes * Brussel Sprouts * Fruit of the day * Low-Fat Milk 1% 	PASTA & MEATBALLS w/MARINARA * Sauteed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
29	30-Jan	1-Jul	2-Jul	3-Jul	JUNE 29 - JULY 3
SHEPHERD'S PIE * Mashed Potatoes * Green Beans * Fruit of the day * Low-Fat Milk 1%	LASAGNA w/GROUND PORK * Broccoli, Cauliflower, and Carrot Medley * Fruit of the day * Low-Fat Milk 1%			 CENTER CLOSED Happy 4th of July	1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk

= Meal contains more than 1000 mg sodium Vegetarian meal Menu, serving size, and nutritional values available at the Live Oak Senior Nutrition and Service Center Information table

All persons aged 60 and above are eligible without regard to race, national origin, gender or disability. Menus are written by My Green Lunch staff and approved by Senior Nutrition Program's Registered Dietitian.