



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 408-354-0707

ORDERS MUST BE PLACE BEFORE 1PM FOR NEXT DAY MEALS



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	VISIT OUR WEBSITE
GROCERIES: 12:30 pm	GROCERIES: 12:30 pm CHAIR YOGA: 10:45 - 11:30 am	GROCERIES: 12:30 pm FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00am	TAI CHI: 10:15 - 11:15 am BINGO: 7/31 12:30 - 1:00 pm		 liveoakseiorcenter.org
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU OPTIONS
	1	2	3	4	JUNE 30 - JULY 4
CHICKEN PESTO PASTA * Carrots / Zucchini * Fruit of the day * Low Fat Milk 1%	CHEESEBURGER * Lettuce & Tomato Garnish * Spinach Salad w/Cucumber * Fruit of the day * Low Fat Milk 1%	PASTA & MEATBALLS w/MARINARA * Sauteed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	SIX INCH HOTDOG * Potato Salad * Baby Carrots * Apple Pie * Orange * Fruit of the day * Low Fat Milk 1%	 CENTER CLOSED Happy 4th of July	1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
7	8	9	10	11	JULY 7 - 11
BEEFY MAC BAKE * Carrot & Cauliflower * Fruit of the day * Low Fat Milk 1%	DENVER OMELET BAKE * Roasted Red Potatoes * Fruit of the day * Low Fat Milk 1% 	TERIYAKI CHICKEN * Asian Blend Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	ROAST PORK TENDERLOIN * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low Fat Milk 1%	ROASTED TURKEY * Roast Sweet Potatoes * Cauliflower * 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
14	15	16	17	18	JULY 14 -18
PULLED PORK SANDWICH * Red & Green Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	CHICKEN & VEGGIE ALFREDO * Baby Carrots * Fruit of the day * Low Fat Milk 1% 	VEGGIE BREAKFAST BOWL (EGG, CHEESE, VEGETABLES) * Herbed Roasted Potatoes * Fruit of the day * Low Fat Milk 1%	ANGUS HAMBURGER * Lettuce & Tomato Garnish * Spinach Salad w/Balsamic * Fruit of the day * Low Fat Milk 1%	ROASTED WHITE FISH * Roasted Squash & Sweet Potato, Carrot Medley * Fruit of the day * Low Fat Milk 1%	1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
21	22	23	24	25	JULY 21 - 25
BBQ PULLED CHICKEN SANDWICH * Red/Green Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	BAKED ZITI w/BEEF * With Marinara Sauce * Zucchini Inside Bake * Fruit of the day * Low Fat Milk 1%	EGGS, FRENCH TOAST STICKS, TURKEY SAUSAGE * Spinach w/Red Bell Pepper * 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
28	29	30	31	1-Aug	JULY 28 - 31
SHEPHERD'S PIE * Mashed Potatoes * Baby Carrots * Fruit of the day * Low Fat Milk 1%	VEGETABLE FRITTATA * Roasted Potatoes * Fruit of the day * Low Fat Milk 1% 	SLOPPY JOES * Spinach Salad w/Cucumber and Red Bell Pepper * Fruit of the day * Low Fat Milk 1%	TERIYAKI CHICKEN * Asian Blend Vegetables * Glazed Carrots * 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

= 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.