



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

JUNE 2025					
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: 6/26 12:30 - 1:00 pm		 liveoakseniorcenter.org
<i>Hot Meals</i> MONDAY	<i>Hot Meals</i> TUESDAY	<i>Hot Meals</i> WEDNESDAY	<i>Hot Meals</i> THURSDAY	<i>Hot Meals</i> FRIDAY	<i>Cold Meals</i> MENU OPTIONS
2	3	4	5	6	JUNE 2 - 6
BEEFY MAC BAKE * Broccoli & 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
9	10	11	12	13	JUNE 9 - 13
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
16	17	18	19	20 1st day of Summer	JUNE 16 - 20
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
23	24	25	26	27	JUNE 23 - 27
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%	BAKED FISH FILET * Brown Rice * Broccoli & Cauliflower * 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
30	1-Jul	2-Jul	3-Jul	4-Jul	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 * Sautéed 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



= Meal contains more than 1000 mg sodium



getarian 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.