



# Live Oak Senior Nutrition & Service Center

111 Church Street, Los Gatos, Ca.

• Catered Lunch Monday thru Friday, 11:30am - 1:00pm

• 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

60+ Registered Seniors: \$3/meal (suggested)

Visitors & People less that 60 years old: \$9/meal (required)



## FEBRUARY 2025



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	VISIT OUR WEBSITE
<b>GROCERIES:</b> 12:30 pm  <b>JAZZBERRY JAM BAND: 1/27</b> Fun Band Music 11:am-12:00pm	<b>GROCERIES:</b> 12:30 pm  <b>CHAIR YOGA:</b> 10:45 - 11:30 am	<b>GROCERIES:</b> 12:30 pm  <b>FUNCTIONAL POSTURE, MOBILITY &amp; BALANCE:</b> 10:30-11:00am	<b>TAI CHI:</b> 10:15 am - 11:15 am  <b>BINGO: 2/27</b> 12:30 - 1:00 pm		  <a href="http://liveoakseniorcenter.org">liveoakseniorcenter.org</a>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD MENU OPTIONS
<b>3</b> <b>PASTA WITH MEAT SAUCE</b> * Steamed Broccoli & Carrots * Fruit of the day * Low Fat Milk 1%	<b>4</b> <b>DENVER OMELET BAKE</b> * Roasted Red Potatoes * Fruit of the day * Low Fat Milk 1%	<b>5</b> <b>PULLED PORK SANDWICH</b> * Spinach Salad w/cucumbers * Fruit of the day * Low Fat Milk 1%	<b>6</b> <b>TERIYAKI CHICKEN</b> * Asian Blend Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	<b>7</b> <b>ROASTED TURKEY</b> * Roast Sweet Potatoes * Cauliflower * Fruit of the day * Low Fat Milk 1%	<b>WK. FEBRUARY 3 - 7</b> 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk
<b>10</b> <b>VEGETABLE FRITTATA</b> * Herb Roasted Potatoes * Fruit of the day * Low Fat Milk 1%	<b>11</b> <b>PASTA &amp; MEATBALLS w/MARINARA</b> * Spinach & Bell Pepper * Fruit of the day * Low Fat Milk 1%	<b>12</b> <b>VEGGIE BREAKFAST BOWL (EGG, CHEESE, VEGETABLES)</b> * Herbed Roasted Potatoes * Fruit of the day * Low Fat Milk 1%	<b>13</b> <b>CHEESEBURGER</b> * Lettuce & Tomato Garnish * Spinach Salad w/Balsamic * Fruit of the day * Low Fat Milk 1%	<b>14</b> <i>Happy Valentine's Day</i> <b>ROASTED WHITE FISH</b> * Roasted Squash & Sweet Potato Medley * Fruit of the day * Low Fat Milk 1%	<b>WK. FEBRUARY 10 - 14</b> 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk
 <b>Center Closed</b> Presidents Day	<b>18</b> <b>GRILLED DICED CHICKEN</b> * Mashed Potatoes * Broccoli, Cauliflower, Carrots * Fruit of the day * Low Fat Milk 1%	<b>19</b> <b>EGGS, FRENCH TOAST STICKS, TURKEY SAUSAGE</b> * Spinach w/Red Bell Pepper * Fruit of the day * Low Fat Milk 1%	<b>20</b> <b>TURKEY MEAT LOAF</b> * Peas and Corn * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	<b>21</b> <b>GRILLED CHICKEN &amp; PINTO BEAN BURRITO</b> * Salad w/Balsamic Dressing * Fruit of the day * Low Fat Milk 1%	<b>WK. FEBRUARY 17 - 21</b> 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheddar Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk
<b>24</b> <b>VEGETABLE FRITTATA</b> * Herb Roasted Potatoes * Fruit of the day * Low Fat Milk 1%	<b>25</b> <b>SHEPHERD'S PIE</b> * Mashed Potatoes * Baby Carrots * Fruit of the day * Low Fat Milk 1%	<b>26</b> <b>TURKEY AND BEAN CHILI</b> * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	<b>27</b> <b>SPECIAL MEAL</b>  PROVIDED BY <i>THE TERRACES OF LOS GATOS</i> * Vegetarian option available	<b>28</b> <b>BAKED FISH FILET</b> * Brown Rice * Broccoli & Cauliflower * Fruit of the day * Low Fat Milk 1%	<b>WK. FEBRUARY 24 - 28</b> 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.