

LIVE OAK SENIOR NUTRITION AND SERVICE CENTER

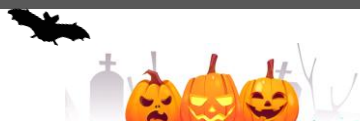
111 Church Street, Los Gatos, Ca.

- Catered Lunch Monday thru Friday, 11:30am - 12:30pm
- Serving Seniors 60+
- Meal Suggested Contributions: \$5 for Registered Clients. A guest fee of \$9 is required.



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



OCTOBER



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: 10/30 12:30 - 1:00 pm		 liveoakseniorcenter.org
Hot Meals MONDAY 29-Sep	Hot Meals TUESDAY 30-Sep	Hot Meals WEDNESDAY 1	Hot Meals THURSDAY 2	Hot Meals FRIDAY 3	Gold Meals MENU OPTIONS SEPTEMBER 29 - OCTOBER 3
EGGS, FRENCH TOAST STICKS, TURKEY SAUSAGE * Spinach w/Cucumber, Bell Pepper * Fruit of the day * Low Fat Milk 1%	TERIYAKI CHICKEN * Brown Rice & Asian Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots * 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
6 SHEPHERD'S PIE * Mashed Potatoes * Baby Carrots * Fruit of the day * Low-Fat Milk 1%	7 VEGETABLE FRITTATA with Broccoli, Zucchini, Bell Pepper * Roasted Potatoes * Fruit of the day * Low-Fat Milk 1%	8 SLOPPY JOES * Spinach Salad w/Cucumber and Red Bell Pepper * Fruit of the day * Low-Fat Milk 1%	9 CHICKEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	10 BAKED FISH FILET * Brown Rice * Broccoli, Cauliflower, Bell Pepper * Fruit of the day * Low Fat Milk 1%	OCTOBER 6 - 10 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
13 TERIYAKI CHICKEN * Brown Rice & Asian Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	14 KOREAN BEEF * Brown Rice * Sautéed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	15 CHICKEN & CHEESE ENCHILADA CASSEROLE * Romaine Salad w/ Balsamic Dress * Fruit of the day * Low-Fat Milk 1%	16 TURKEY TACO BOWL * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	17 ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	OCTOBER 13 - 17 1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
20 BEEFY MAC BAKE * Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	21 DENVER OMELET BAKE * Roasted Red Potatoes * Fruit of the day * Low-Fat Milk 1%	22 BAKED ZITI w/BEEF * With Marinara Sauce * Carrots * Zucchini Inside Bake * Fruit of the day * Low-Fat Milk 1%	23 ROAST PORK TENDERLOIN * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low-Fat Milk 1%	24 ROASTED TURKEY * Roast Sweet Potatoes * Cauliflower * Fruit of the day * Low-Fat Milk 1%	OCTOBER 20 - 24 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
27 CHICKEN & VEGGIE ALFREDO w/ Zucchini, Red Peppers, Broccoli * Baby Carrots * Fruit of the day * Low-Fat Milk 1%	28 LASAGNA w/GROUND PORK * Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	29 VEGGIE CHOW MEIN WITH ASIAN BLEND VEGETABLES & EDAMAME * Glazed Carrots * Fruit of the day * Low-Fat Milk 1%	30 CHEESEBURGER * Lettuce & Tomato Garnish * Spinach Salad w/Balsamic * Fruit of the day * Low-Fat Milk 1%	31 ROASTED WHITE FISH * Roasted Squash & Sweet Potato, Carrot Medley * Fruit of the day * Low Fat Milk 1%	OCTOBER 27 - 31 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.