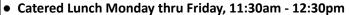
LIVE OAK SENIOR NUTRITION AND SERVICE CENTER

111 Church Street, Los Gatos, Ca.



• 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

SEPTEMBER OF THE SEPTEMBER					
EVERY MONDAY GROCERIES: 12:30 pm	GROCERIES: 12:30 pm	GROCERIES: 12:30 pm	EVERY THURSDAY TAI CHI: 10:15 - 11:15 am	EVERY FRIDAY	VISIT OUR WEBSITE
	CHAIR YOGA: 10:45 - 11:30 am	FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00am	BINGO: 9/25 12:30 - 1:00 pm		liveoakseniorcenter.org
Monday Monday	Meals TUESDAY	Meals WEDNESDAY	Hot Meals THURSDAY	Hot FRIDAY	MENU OPTIONS
	2	3	4	5	SEPTEMBER 1 -5
LABOR DAY CENTER CLOSED (no groceries today)	VEGETABLE FRITTATA with Broccoli, Zucchini, Bell Pepper * 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%	* CHICKEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	BAKED FISH FILET * Brown Rice * Broccoli, Cauliflower, Bell Pepper * 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
3	9	10	11	12	SEPTEMBER 8 -12
FERIYAKI CHICKEN Brown Rice & Asian Vegetables Glazed Carrots Fruit of the day Low Fat Milk 1%	* KOREAN BEEF * Brown Rice * Sauteed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	CHICKEN & CHEESE ENCHILADA CASSEROLE *Romaine Salad w/ Balsamic Dress * Fruit of the day * Low-Fat Milk 1%	TURKEY TACO BOWL * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
15	16	17	18	19	SEPTEMBER 15 -19
BEEFY MAC BAKE Broccoli, Carrots, & Cauliflower Fruit of the day Low-Fat Milk 1%	* Roasted Red Potatoes * Fruit of the day * Low-Fat Milk 1%	BAKED ZITI w/BEEF * With Marinara Sauce * Carrots * Zucchini Inside Bake * 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
22	23	24	25	26	SEPTEMBER 22 -26
CHICKEN & VEGGIE ALFREDO v/ Zucchini, Red Peppers, Broccoli Baby Carrots Fruit of the day Low-Fat Milk 1%	* Low-Fat Milk 1%	VEGGIE CHOW MEIN WITH ASIAN BLEND VEGTABLES & EDAMAME * Glazed Carrots * Fruit of the day * Low-Fat Milk 1%	CHEESEBURGER * 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
29	30	1-Oct	2-Oct	3-Oct	SEPTEMBER 29 - OCTOBER 3
GGS, FRENCH TOAST STICKS, TURKEY SAUSAGE	TERIYAKI CHICKEN * Brown Rice & Asian Vegetables * Glazed Carrots	BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots	TURKEY MEAT LOAF * Glazed Carrots * Mashed Potatoes	GRILLED CHICKEN & PINTO BEAN BURRITO * Salad w/Balsamic Dressing	Asian Chicken Salad Vegetarian Asian Salad Turkey/Cheddar Sandwich