

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)



December



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	TAI CHI: 10:30 - 11:15 am BINGO: 12/19 12:30 - 1:00 pm		 liveoakseniorcenter.org
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD MENU OPTIONS
2	3	4	5	6	DEC. 2 - 6
PASTA WITH MEAT SAUCE * Steamed Broccoli & Carrots * Fruit of the day * Low Fat Milk 1%	DENVER OMELET * Roasted Red Potatoes * Fruit of the day * Low Fat Milk 1%	PULLED PORK SANDWICH * Spinach Salad w/cucumbers * Fruit of the day * Low Fat Milk 1%	TERIYAKI CHICKEN * Asian Blend Vegetables * Glazed Carrots * 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	DEC. 9 - 13
Vegetable Frittata * Herb Roasted Potatoes * Fruit of the day * Low Fat Milk 1%	PASTA & MEATBALLS w/MARINARA * Spinach & Bell Pepper * 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%	CHEESEBURGER * Lettuce & Tomato Garnish * Spinach Salad w/Balsamic * Fruit of the day * Low Fat Milk 1%	ROASTED WHITE FISH * Roasted Squash & Sweet Potato 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	DEC. 16 - 20
BBQ CHICKEN SANDWICH * Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	GRILLED DICED CHICKEN * Mashed Potatoes * Steamed Broccoli * Fruit of the day * Low Fat Milk 1%	EGGS, FRENCH TOAST STICKS, TURKEY SAUSAGE * Spinach/ Red Bell Pepper * Fruit of the day * Low Fat Milk 1%	SPECIAL HOLIDAY MEAL Provided by The Terraces of Los Gatos Vegetarian Options Available.	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 <i>Special Menu Item</i>	25	26	27 <i>Special Menu Item</i>	DEC. 23 ONLY
HAM * Mashed Potatoes * Peas, Corn, & Carrots * Fruit of the day * Low Fat Milk 1%	OPTION 1: BASIL CHICKEN STIR FRY * Tomato Pasta & Mixed Vegetables OPTION 2: TOSSED SALAD	CENTER CLOSED MERRY CHRISTMAS 	CENTER CLOSED 	OPTION 1: SAUTEED BEEF ASPARAGUS/PEPPERCORN * Tomato Rice & Vegetables OPTION 2: TOSSED SALAD	1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk
30 <i>Special Menu Item</i>	31 <i>Special Menu Item</i>	JANUARY 1	JANUARY 2	JANUARY 3	JAN. 2 & 3 ONLY
OPTION 1: BEEF STEW * With Carrots, Potatoes, Rice Noodles & Steamed Green Beans. OPTION 2: TOSSED SALAD	OPTION 1: TERIYAKI GLAZED SALMON * Mushroom-flavored Rice, Mixed Vegetables OPTION 2: TOSSED SALAD	CENTER CLOSED HAPPY NEW YEAR 	TERIYAKI CHICKEN * Asian Blend Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	ROASTED TURKEY * Roast Sweet Potatoes * Cauliflower * 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

= 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.