

LIVE OAK SENIOR NUTRITION AND SERVICE CENTER

111 Church Street, Los Gatos, Ca. 408-354-0707

- 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



DECEMBER

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	VISIT OUR WEBSITE
	GROCERIES: 12:30 pm	GROCERIES: 12:30 pm	TAI CHI: 10:15 - 11:15 am		
	CHAIR YOGA: 10:45 - 11:30 am	FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00am	BINGO: 12/18 12:30 - 1:00 pm		liveoakseniorcenter.org
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU OPTIONS
1 SHEPHERD'S PIE * Mashed Potatoes * Green Beans * Fruit of the day * Low-Fat Milk 1%	2 LASAGNA w/GROUND PORK * Broccoli, Cauliflower, and Carrot Medley * Fruit of the day * Low-Fat Milk 1%	3 BAKED CHICKEN w/GRAVY * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low-Fat Milk 1%	4 CHEESEBURGER w/CHEESE * Tomato & Lettuce Garnish * Spinach Salad w/ Balsamic Dressing * Fruit of the day * Low-Fat Milk 1%	5 HONEY GINGER TALAPIA * Brown Rice * Squash, Carrot, & Sweet Potato * Fruit of the day * Low-Fat Milk 1%	DECEMBER 1 - 5 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk
8 CILANTRO LIME CHICKEN * Pinto Beans * Squash and Carrots * Fruit of the day * Low-Fat Milk 1%	9 BEEFY MAC BAKE * Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	10 CHICKEN & CHEESE ENCHILADA CASSEROLE * Cauliflower * Romaine Salad * Fruit of the day * Low-Fat Milk 1%	11 TURKEY MEAT LOAF * Glazed Carrots * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	12 GRILLED CHICKEN & PINTO BEAN BURRITO * Salad w/Balsamic Dressing * Fruit of the day * Low Fat Milk 1%	DECEMBER 8 - 12 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheeddar Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk
15 SALMON TERIYAKI * Brown Rice * Asian Vegetables * Fruit of the day * Low Fat Milk 1%	16 VEGETABLE FRITTATA WITH Broccoli, Zucchini, Bell Pepper * Roasted Potatoes * Fruit of the day * Low-Fat Milk 1%	17 TURKEY CHILI * Baked Potato * Corn Bread * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	18 CHICKEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	19 ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	DECEMBER 15 - 19 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
22 GENERAL TSO CHICKEN * Chow Mein Noodles * Asian Vegetables * Fruit of the day * Low Fat Milk 1%	23 KOREAN BEEF * Brown Rice * Sautéed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	24 HAM * Roasted Potatoes * Peas, Carrots & Corn Medley * Fruit of the day * Low-Fat Milk 1%	25 CENTER CLOSED NO TAI CHI	26 CENTER CLOSED	DECEMBER 22 - 26 1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
29 CENTER CLOSED	30 CENTER CLOSED NO GROCERIES NO CHAIR YOGA	31 CENTER CLOSED NO GROCERIES NO FUNCTIONAL BALANCE CLASS 	January - 1 CENTER CLOSED NO TAI CHI	2-Jan CENTER CLOSED	DECEMBER 29 - January 2 CENTER CLOSED

= 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.