

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



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	VISIT OUR WEBSITE
	CHAIR YOGA: 10:45 - 11:30 am	FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00 am	TAI CHI: 10:15 - 11:15 am BINGO: 2/26 12:30 - 1:00 pm		 liveoakseniorcenter.org
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE MEAL OPTIONS
2 Ground Hog Day EGGS & TURKEY SAUSAGE * French Toast Sticks * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	3 Arroz con Pollo (Rice w/chicken) * Black Beans * Mixed Vegetables * Fruit of the day * Low-Fat Milk 1%	4 BAKED ZITI w/BEEF * Tomatoes & Zucchini Baked Inside * Carrots * Fruit of the day * Low-Fat Milk 1%	5 ROASTED PORK W/GRAVY * Mashed Sweet Potatoes * Brussel Sprouts * Fruit of the day * Low-Fat Milk 1%	6 TURKEY & VEGETABLE SOUP * Spinach Salad w/Balsamic Dressing * Fruit of the day * Low-Fat Milk 1%	WEEK OF: FEBRUARY 2-6 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
9 SHEPHERD'S PIE * Mashed Potatoes * Green Beans * Fruit of the day * Low-Fat Milk 1%	10 LASAGNA w/GROUND PORK * Broccoli, Cauliflower, and Carrot Medley * Fruit of the day * Low-Fat Milk 1%	11 BAKED CHICKEN w/GRAVY * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low-Fat Milk 1%	12 CHEESEBURGER w/CHEESE * Tomato & Lettuce Garnish * Spinach Salad w/ Balsamic Dressing * Fruit of the day * Low-Fat Milk 1%	13 HONEY GINGER TALAPIA * Brown Rice * Squash, Carrot, & Sweet Potato * Fruit of the day * Low-Fat Milk 1%	WEEK OF: FEBRUARY 9-13 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk
16 CILANTRO LIME CHICKEN * Corn Tortilla * Pinto Beans * Squash and Carrots * Fruit of the day * Low-Fat Milk 1%	17 BEEFY MAC BAKE * Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	18 CHICKEN & CHEESE ENCHILADA CASEROLE * Cauliflower * Romaine Salad * Fruit of the day * Low-Fat Milk 1%	19 TURKEY MEAT LOAF * Glazed Carrots * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	20 GRILLED CHICKEN & PINTO BEAN BURRITO * Salad w/Balsamic Dressing * Fruit of the day * Low Fat Milk 1%	WEEK OF: FEBRUARY 16-20 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheeddar Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk
23 SALMON TERIYAKI * Brown Rice * Asian Blend Vegetables * Fruit of the day * Low Fat Milk 1%	24 VEGETABLE FRITTATA WITH Broccoli, Zucchini, Bell Pepper * Roasted Potatoes * Fruit of the day * Low-Fat Milk 1%	25 TURKEY CHILI * Baked Potato * Corn Bread * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	26 CHICKEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	27 ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	WEEK OF: FEBRUARY 23-27 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 * Vitamin A source: 233 µg (3X per week) ___ Vitamin C source: 25 mg Daily Vegetarian Meal H = Holiday Closure HM = Holiday Meal

NOTE: Each meal has ~750 to 900 mg sodium unless indicated with . Menus are written by My Green Lunch and approved by Erin Hyland, RD. Menu changes or substitutions require approval from SNP registered dietitian. Substituted items should be documented on the production menu. Individuals 60 years old and above are eligible without regard to race, national origin, gender, or disability.