

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
	GROCERIES: 12:30 pm 	GROCERIES: 12:30 pm 	TAI CHI: 10:15 - 11:15 am 		 liveoakseniorcenter.org
	CHAIR YOGA: 10:45 - 11:30 am 	FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00am 	BINGO: 1/29 12:30 - 1:00 pm 		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE MEAL OPTIONS
29-Dec CENTER CLOSED	30-Dec CENTER CLOSED NO GROCERIES NO CHAIR YOGA	31-Dec CENTER CLOSED NO GROCERIES NO FUNCTIONAL BALANCE CLASS 	1 CENTER CLOSED NO TAI CHI	2 CENTER CLOSED	DECEMBER 29 - January 2 CENTER CLOSED
5 SHEPHERD'S PIE * Mashed Potatoes * Green Beans * Fruit of the day * Low-Fat Milk 1%	6 LASAGNA w/GROUND PORK * Broccoli, Cauliflower, and Carrot Medley * Fruit of the day * Low-Fat Milk 1%	7 BAKED CHICKEN w/GRAVY * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low-Fat Milk 1%	8 CHEESEBURGER w/CHEESE * Tomato & Lettuce Garnish * Spinach Salad w/ Balsamic Dressing * Fruit of the day * Low-Fat Milk 1%	9 HONEY GINGER TALAPIA * Brown Rice * Squash, Carrot, & Sweet Potato * Fruit of the day * Low-Fat Milk 1%	WEEK OF: JANUARY 5 - 9 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk
12 CILANTRO LIME CHICKEN * Pinto Beans * Squash and Carrots * Fruit of the day * Low-Fat Milk 1%	13 BEEFY MAC BAKE * Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	14 CHICKEN & CHEESE ENCHILADA CASSEROLE * Cauliflower * Romaine Salad * Fruit of the day * Low-Fat Milk 1%	15 TURKEY MEAT LOAF * Glazed Carrots * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	16 GRILLED CHICKEN & PINTO BEAN BURRITO * Salad w/Balsamic Dressing * Fruit of the day * Low Fat Milk 1%	WEEK OF: JANUARY 12 - 16 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheddar Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk
19 CENTER CLOSED	20 VEGETABLE FRITTATA WITH Broccoli, Zucchini, Bell Pepper * Roasted Potatoes * Fruit of the day * Low-Fat Milk 1%	21 TURKEY CHILI * Baked Potato * Corn Bread * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	22 CHICKEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	23 ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	WEEK OF: JANUARY 19 - 23 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
26 GENERAL TSO CHICKEN * Chow Mein Noodles * Asian Vegetables * Fruit of the day * Low Fat Milk 1%	27 KOREAN BEEF * Brown Rice * Sauteed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	28 BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots * Fruit of the day * Low Fat Milk 1%	29 TURKEY TACO BOWL * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	30-Jan VEGGIE CHOW MEIN * Asian Blend Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	WEEK OF: JANUARY 26 - 30 1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk

All meals include milk and fruit. | Meals contain 750-900 mg of sodium unless marked as high sodium. | = HIGH SODIUM (more than 1,000 mg sodium) | = VEGETARIAN

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.