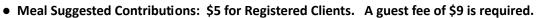
LIVE OAK SENIOR NUTRITION AND SERVICE CENTER

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



• 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

JANUARY 2026					
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: 1/29 12:30 - 1:00 pm		liveoakseniorcenter.org
Hot Meals MONDAY	Hot Meals TUESDAY	Hot Meals WEDNESDAY	Hot Meals THURSDAY	Hot Meals FRIDAY	ALTERNATE MEAL OPTIONS
29-Dec	30-Dec	31-Dec	1	2	DECEMBER 29 - January 2
CENTER CLOSED	CENTER CLOSED NO GROCERIES NO CHAIR YOGA	CENTER CLOSED NO GROCERIES NO FUNCTIONAL BALANCE CLASS	CENTER CLOSED NO TAI CHI	CENTER CLOSED	CENTER CLOSED
5	6	7	8	9	WEEK OF: JANUARY 5 -9
SHEPHERD'S PIE * Mashed Potatoes * Green Beans * Fruit of the day * Low-Fat Milk 1%	LASAGNA w/GROUND PORK * Broccoli, Cauliflower, and Carrot Medley * Fruit of the day * Low-Fat Milk 1%	BAKED CHICKEN w/GRAVY * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low-Fat Milk 1%	CHEESEBURGER w/CHEESE * Tomato & Lettuce Garnish * Spinach Salad w/ Balsamic Dressing * Fruit of the day * Low-Fat Milk 1%	HONEY GINGER TALAPIA * Brown Rice * Squash, Carrot, & Sweet Potato * 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 and 1% Low-Fat Milk
12	13	14	15	16	WEEK OF: JANUARY 12 - 16
CILANTRO LIME CHICKEN * Pinto Beans * Squash and Carrots * Fruit of the day * Low-Fat Milk 1%	* Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	CHICKEN & CHEESE ENCHILADA CASSEROLE * Cauliflower * Romaine Salad * Fruit of the day * Low-Fat Milk 1%	* Glazed Carrots * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	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 and 1% Low-Fat Milk
19	20	21	22	23	WEEK OF: JANUARY 19 - 23
MARTIN LUTHER KING JR. CLOSED	VEGETABLE FRITTATA WITH Broccoli, Zucchini, Bell Pepper * Roasted Potatoes * Fruit of the day * Low-Fat Milk 1%	TURKEY CHILI * Baked Potato * Corn Bread * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	* CALCEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * 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
26	27	28	29	30-Jan	WEEK OF: JANUARY 26 - 30
### Chow Mein Noodles * Asian Vegetables * Fruit of the day * Low Fat Milk 1%	* Sauteed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots * Fruit of the day * Low Fat Milk 1%	TURKEY TACO BOWL * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	VEGGIE CHOW MEIN * Asian Blend Vegetables * Glazed Carrots * 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
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) The sodium of sodium of sodium (more than 1,000 mg sodium) The sodium of sodium of sodium of sodium unless marked as high sodium. # = HIGH SODIUM (more than 1,000 mg sodium) The sodium of sod					