

# LIVE OAK SENIOR NUTRITION AND SERVICE CENTER

111 Church Street, Los Gatos, Ca.

- 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  CHAIR YOGA: 10:45 - 11:30 am	GROCERIES: 12:30 pm  FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00am	TAI CHI: 10:15 - 11:15 am  BINGO: 11/20 12:30 - 1:00 pm		 <a href="http://liveoakseniorcenter.org">liveoakseniorcenter.org</a>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU OPTIONS
<b>3</b> EGGS, FRENCH TOAST STICKS, TURKEY SAUSAGE * Spinach w/Cucumber, Bell Pepper * Fruit of the day * Low Fat Milk 1%	<b>4</b> TERIYAKI CHICKEN * Brown Rice & Asian Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	<b>5</b> BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots * Fruit of the day * Low Fat Milk 1%	<b>6</b> TURKEY MEAT LOAF * Glazed Carrots * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	<b>7</b> GRILLED CHICKEN & PINTO BEAN BURRITO * Salad w/Balsamic Dressing * Fruit of the day * Low Fat Milk 1%	<b>NOVEMBER 3 - 7</b> 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheddar Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
<b>10</b> SHEPHERD'S PIE * Mashed Potatoes * Baby Carrots * Fruit of the day * Low-Fat Milk 1%	<b>11 Veterans Day</b> VEGETABLE FRITTATA with Broccoli, Zucchini, Bell Pepper * Roasted Potatoes * Fruit of the day * Low-Fat Milk 1%	<b>12</b> SLOPPY JOES * Spinach Salad w/Cucumber and Red Bell Pepper * Fruit of the day * Low-Fat Milk 1%	<b>13</b> CHICKEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	<b>14</b> BAKED FISH FILET * Brown Rice * Broccoli, Cauliflower, Bell Pepper * Fruit of the day * Low Fat Milk 1%	<b>NOVEMBER 10 - 14</b> 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
<b>17</b> TERIYAKI CHICKEN * Brown Rice & Asian Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	<b>18</b> KOREAN BEEF * Brown Rice * Sautéed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	<b>19</b> CHICKEN & CHEESE ENCHILADA CASSEROLE * Romaine Salad w/ Balsamic Dress * Fruit of the day * Low-Fat Milk 1%	<b>20</b> TURKEY TACO BOWL * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	<b>21</b> ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	<b>NOVEMBER 17 - 21</b> 1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
<b>24</b> BEEFY MAC BAKE * Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	<b>25</b> DENVER OMELET BAKE * Roasted Red Potatoes * Fruit of the day * Low-Fat Milk 1%	<b>26</b> ROASTED TURKEY * Cornbread Stuffing * Mashed Potatoes * Peas & Carrots * Apple Pie * Low-Fat Milk 1%	<b>27 Happy Thanksgiving!!</b>  CENTER CLOSED	<b>28</b>  CENTER CLOSED "Still Full"	<b>NOVEMBER 24 - 28</b> 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna 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.