



Live Oak Senior Nutrition & Service Center

111 Church Street, Los Gatos, Ca.

● Catered Lunch Monday thru Friday, 11:30am - 12:30pm

● Serving Seniors 60+



Place your meal order for the following day(s) or week in person or by calling 408-455-5698

ORDERS MUST BE PLACED 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: 10:30-11:00am	TAI CHI: 10:15 - 11:15 am BINGO: 8/29 12:30 - 1:00 pm		 liveoakcenter.org
Hot Meals MONDAY	Hot Meals TUESDAY	Hot Meals WEDNESDAY	Hot Meals THURSDAY	Hot Meals FRIDAY	MENU OPTIONS
3 SHEPHERD'S PIE * Mashed Potatoes * Green Beans * Fruit of the day * Low-Fat Milk 1%	4 LASAGNA w/GROUND PORK * Broccoli, Cauliflower, & Carrots * Fruit of the day * Low-Fat Milk 1%	5 ANGUS HAMBURGER * Spinach Salad w/Cucumber and Carrots, Balsamic Dressing * Fruit of the day * Low-Fat Milk 1%	6 BAKED CHICKEN w/GRAVY * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low-Fat Milk 1%	7 HONEY GINGER TILAPIA * Brown Rice * Squash, Carrot, & Sweet Potatoes * Fruit of the day * Low Fat Milk 1%	AUGUST 3-7 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
10 CILANTRO LIME CHICKEN * Pinto Beans * Squash & Carrots * Fruit of the day * Low Fat Milk 1%	11 BEEFY MAC BAKE * Broccoli, Cauliflower, & Carrots * Fruit of the day * Low Fat Milk 1%	12 TURKEY MEAT LOAF * Mashed Potatoes * Glazed Carrots * Fruit of the day * Low-Fat Milk 1%	13 CHICKEN & CHEESE ENCHILADA CASSEROLE * Cauliflower *Romaine Salad * Fruit of the day * Low-Fat Milk 1%	14 CHICKEN & BEAN BURRITO * Pinto Beans * Romaine Salad w/Red Bell Pepper * Fruit of the day * Low Fat Milk 1%	AUGUST 10-14 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
17 SALMON TERIYAKI * Brown Rice * Asian Vegetable Blend * Fruit of the day * Low Fat Milk 1%	18 VEGETABLE FRITITA * Broccoli, Zucchini, & Red Pepper * Roasted Red Potatoes * Fruit of the day * Low Fat Milk 1%	19 TURKEY CHILI * Baked Potatoe * Spinach Salad * Fruit of the day * Low-Fat Milk 1%	1 CHICKEN PESTO PASTA * Carrots & Zucchini * Fruit of the day * Low-Fat Milk 1%	21 ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low-Fat Milk 1%	AUGUST 17-21 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
24 GENERAL TSO CHICKEN * Chow Mein Noodles * Asian Vegetable Blend * Fruit of the day * Low Fat Milk 1%	25 KOREAN BEEF * Chow Mein Noodles * Asian Vegetable Blend * Fruit of the day * Low Fat Milk 1%	26 BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots * Fruit of the day * Low Fat Milk 1%	27 TURKEY TACO BOWL * Brown Rice * Spinach Salad w/Vinaigrette * Fruit of the day * Low-Fat Milk 1%	28 VEGGIE CHOW MEIN * Asian Vegetable Blend * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	AUGUST 24-28 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Egg Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
31 EGGS, FRENCH TOAST STICKS, TURKEY SAUSAGE * Spinach w/Red Bell Pepper * Fruit of the day * Low Fat Milk 1%	1 ARROZ con POLLO * Brown Rice * Black Beans *Mixed Veggies * Fruit of the day * Low Fat Milk 1%	2 OVEN BAKED ZITI * Carrots * Fruit of the day * Low Fat Milk 1%	3 PORK TENDERLOIN w/GRAVY * Mashed Sweet Potatoes * Brussels Sprouts * Fruit of the day * Low Fat Milk 1%	4 MEATBALLS w/PASTA MARINARA * Sauted Garlic Spinach & Carrots * Fruit of the day * Low Fat Milk 1%	AUG 31 - SEPT 4 1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken 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.