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 408-455-5698
ORDERS MUST BE PLACE BEFORE 1PM FOR NEXT DAY MEALS




OCTOBER




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: 10/29 12:30 - 1:00 pm		liveoakseniorcenter.org

Hot Meals MONDAY	Hot Meals TUESDAY	Hot Meals WEDNESDAY	Hot Meals THURSDAY	Hot Meals FRIDAY	Cold Meals MENU OPTIONS
28-Sep GENERAL TSO CHICKEN * Chow Mein Noodles * Asian Vegetable Blend * Fruit of the day * Low Fat Milk 1%	**29-Sep** KOREAN BEEF * Chow Mein Noodles * Asian Vegetable Blend * Fruit of the day * Low Fat Milk 1%	**30-Sep** BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots * Fruit of the day * Low Fat Milk 1%	**1** TURKEY TACO BOWL * Brown Rice * Spinach Salad w/Vinaigrette * Fruit of the day * Low-Fat Milk 1%	**2** VEGGIE CHOW MEIN * Asian Vegetable Blend * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	**SEPTEMBER 28 - OCTOBER 2** 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Egg Salad Sandwich * *All Include: Fruit of the Day, 1% Low-Fat Milk*
5 EGGS, FRENCH TOAST STICKS, TURKEY SAUSAGE * Spinach w/Cucumber, Bell Pepper * Fruit of the day * Low Fat Milk 1%	**6** ARROZ con POLLO * Brown Rice * Black Beans *Mixed Veggies * Fruit of the day * Low Fat Milk 1%	**7** BAKED ZITI w/BEEF * With Zucchini and Tomatoes * Carrots * Fruit of the day * Low Fat Milk 1%	**8** PORK TENDERLOIN w/GRAVY * Mashed Sweet Potatos * Brussel Sprouts * Fruit of the day * Low Fat Milk 1%	**9** CHICKEN/BEEF MEATBALLS w/PASTA MARINARA *Garlic Spinach w/Carrots *Fruit of the day * Low Fat Milk 1%	**OCTOBER 5 - 9** 1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken Salad Sandwich * *All Include: Fruit of the Day, 1% Low-Fat Milk*
12 SHEPHERD'S PIE * Mashed Potatoes *Green Beans * Fruit of the day * Low-Fat Milk 1%	**13** LASAGNA w/GROUND PORK * Broccoli, Cauliflower, & Carrots * Fruit of the day * Low-Fat Milk 1%	**14** ANGUS HAMBURGER * Spinach Salad w/Cucumber and Carrots, Balsamic Dressing * Fruit of the day * Low-Fat Milk 1%	**15** BAKED CHICKEN w/GRAVY * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low-Fat Milk 1%	**16** HONEY GINGER TILAPIA * Brown Rice * Squash, Carrot, & Sweet Potatoes * Fruit of the day * Low Fat Milk 1%	**OCTOBER 12 - 16** 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * *All Include: Fruit of the Day, 1% Low-Fat Milk*
19 CILANTRO LIME CHICKEN * Pinto Beans * Squash & Carrots * Fruit of the day * Low Fat Milk 1%	**20** BEEFY MAC BAKE * Broccoli, Cauliflower, & Carrots * Fruit of the day * Low Fat Milk 1%	**21** TURKEY MEAT LOAF *Mashed Potatoes * Glazed Carrots * Fruit of the day * Low-Fat Milk 1%	**22** CHICKEN & CHEESE ENCHILADA CASSEROLE * Cauliflower *Romaine Salad * Fruit of the day * Low-Fat Milk 1%	**23** CHICKEN & BEAN BURRITO * Pinto Beans * Romaine Salad w/Red Bell Pepper * Fruit of the day * Low Fat Milk 1%	**OCTOBER 19 - 23** 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Roast Beef Sandwich * *All Include: Fruit of the Day, 1% Low-Fat Milk*
26 SALMON TERIYAKI * Brown Rice * Asian Vegetable Blend * Fruit of the day * Low Fat Milk 1%	**27** VEGETABLE FRITITA * Broccoli, Zucchini, & Red Pepper * Roasted Red Potatoes * Fruit of the day * Low Fat Milk 1%	**28** TURKEY CHILI * Baked Potatoe * Spinach Salad * Fruit of the day * Low-Fat Milk 1%	**29** CHICKEN PESTO PASTA * Carrots & Zucchini * Fruit of the day * Low-Fat Milk 1%	**30** ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low-Fat Milk 1%	**OCTOBER 26 - 30** 1) Asian Chicken Salad 2) Vegetarian Asian 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.