



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



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	VISIT OUR WEBSITE
MONDAY	TUESDAY		THURSDAY	FRIDAY	MENU OPTIONS
31-Aug EGGS, FRENCH TOAST STICKS & TURKEY SAUSAGE * Spinach w/Cucumber & Bell Pepper * Bananas * Low Fat Milk 1%	1 ARROZ con POLLO * Brown Rice * Black Beans *Mixed Veggies * Pineapple * Low Fat Milk 1%	2 BAKED ZITI w/BEEF * Zucchini & Tomatoes * Carrots * Oranges * Low Fat Milk 1%	3 PORK TENDERLOIN w/GRAVY * Mashed Sweet Potatoes * Brussel Sprouts * Chef's Choice * Low Fat Milk 1%	4 CHICKEN/BEEF MEATBALLS * Garlic Spinach w/Carrots * Mandarin Oranges * Low Fat Milk 1%	SEPTEMBER 1 -4 1) Chicken Green Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
7 LABOR DAY CENTER CLOSED	8 LASAGNA w/GROUND PORK * Broccoli, Cauliflower & Carrots * Cantaloupe * Low-Fat Milk 1%	9 ANGUS HAMBURGER * Spinach Salad w/Cucumber, Carrots & Balsamic Dressing * Oranges * Low-Fat Milk 1%	10 BAKED CHICKEN w/GRAVY * Mashed Sweet Potatoes * Steamed Broccoli * Chef's Choice * Low-Fat Milk 1%	11 HONEY GINGER TILAPIA * Brown Rice * Squash, Carrots & Sweet Potatoes * Mandarin Oranges * Low Fat Milk 1%	SEPTEMBER 7-11 1) Southwest Chicken Salad 2) Vegetarian Southwest Salad 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
14 CILANTRO LIME CHICKEN * Pinto Beans * Squash & Carrots * Pineapple * Low Fat Milk 1%	15 BEEFY MAC BAKE * Broccoli, Cauliflower & Carrots * Chef's Choice * Low Fat Milk 1%	16 TURKEY MEAT LOAF * Mashed Potatoes * Glazed Carrots * Oranges * Low-Fat Milk 1%	17 CHICKEN & CHEESE ENCHILADA CASSEROLE * Cauliflower *Romaine Salad * Chef's Choice * Low-Fat Milk 1%	18 CHICKEN & BEAN BURRITO * Pinto Beans * Romaine Salad w/Carrots & Red Bell Pepper * Mandarin Oranges * Low Fat Milk 1%	SEPTEMBER 14-18 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey & Cheddar * All Include: Fruit of the Day, 1% Low-Fat Milk
21 SALMON TERIYAKI * Brown Rice * Asian Vegetable Blend * Mandarin Oranges * Low Fat Milk 1%	22 VEGETABLE FRITITA * Broccoli, Zucchini & Red Pepper * Roasted Red Potatoes * Chef's Choice * Low Fat Milk 1%	23 TURKEY CHILI * Baked Potato * Spinach Salad w/Carrots & Red Bell Pepper * Pineapple * Low-Fat Milk 1%	24 CHICKEN PESTO PASTA * Carrots & Zucchini * Oranges * Low-Fat Milk 1%	25 ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Cantaloupe * Low-Fat Milk 1%	SEPTEMBER 22 -26 1) Chicken Cobb Salad 2) Vegetarian Cobb Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
28 GENERAL TSO CHICKEN * Chow Mein Noodles * Asian Vegetable Blend * Cantaloupe * Low Fat Milk 1%	29 KOREAN BEEF * Brown Rice * Garlic Spinach w/Red Bell Pepper * Oranges * Low Fat Milk 1%	30-Jan BRATWURST SAUSAGE * Mashed Potatoes * Baby Carrots * Cantaloupe * Low Fat Milk 1%	1-Oct TURKEY TACO BOWL * Brown Rice * Spinach Salad w/Carrots & Vinaigrette Dressing * Melon * Low-Fat Milk 1%	2-Oct VEGGIE CHOW MEIN * Asian Vegetable Blend * Glazed Carrots * Mandarin Oranges * Low Fat Milk 1%	SEPTEMBER 28 - OCTOBER 2 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.