

# LIVE OAK SENIOR NUTRITION AND SERVICE CENTER

111 Church Street, Los Gatos, Ca. LiveOak@lgumc.org

- 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 email: LiveOak@lgumc.org

ORDERS MUST BE PLACED BEFORE 1PM FOR NEXT DAY MEALS



# MARCH 2026



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	VISIT OUR WEBSITE
	CHAIR YOGA: 10:45 - 11:30 am	FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00 am	TAI CHI: 10:15 - 11:15 am BINGO: 3/26 12:30 - 1:00 pm 		<a href="http://liveoakseniorcenter.org">liveoakseniorcenter.org</a>
<b>Hot Meals</b> MONDAY	<b>Hot Meals</b> TUESDAY	<b>Hot Meals</b> WEDNESDAY	<b>Hot Meals</b> THURSDAY	<b>Hot Meals</b> FRIDAY	ALTERNATE MEAL OPTIONS
2	3	4	5	6	WEEK OF: MARCH 2-6
GENERAL TSO CHICKEN * Chow Mein Noodles * Asian Vegetables * Fruit of the day * Low Fat Milk 1%	KOREAN BEEF * Brown Rice * Sautéed 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 Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
9	10	11	12	13	WEEK OF: MARCH 9-13
EGGS & TURKEY SAUSAGE * French Toast Sticks * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	Arroz con Pollo (Rice w/chicken) * Black Beans * Mixed Vegetables * Fruit of the day * Low-Fat Milk 1%	BAKED ZITI w/BEEF * Tomatoes & Zucchini Baked Inside * Carrots * Fruit of the day * Low-Fat Milk 1%	ROASTED PORK W/GRAVY * Mashed Sweet Potatoes * Brussel Sprouts * Fruit of the day * Low-Fat Milk 1%	TURKEY & VEGETABLE SOUP * Spinach Salad w/Balsamic Dressing * 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
16	17	18	19	20	WEEK OF: MARCH 16-20
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) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheddar Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk
23	24	25	26	27	WEEK OF: MARCH 23-27
CILANTRO LIME CHICKEN * Corn Tortilla * Pinto Beans * Squash and Carrots * Fruit of the day * Low-Fat Milk 1%	BEEFY MAC BAKE * 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%	TURKEY MEAT LOAF * 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) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
30	31				WEEK OF: MARCH 30-31
SALMON TERIYAKI * Brown Rice * Asian Blend Vegetables * Fruit of the day * Low Fat Milk 1%	VEGETABLE FRITTATA WITH Broccoli, Zucchini, Bell Pepper * Roasted Potatoes * 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

Meal contains more than 1000 mg sodium \* Vitamin A source: 233 µg (3X per week) \_\_ Vitamin C source: 25 mg Daily Vegetarian Meal H = Holiday Closure HM = Holiday Meal

NOTE: Each meal has ~750 to 900 mg sodium unless indicated with . Menus are written by My Green Lunch and approved by Erin Hyland, RD. Menu changes or substitutions require approval from SNP registered dietitian. Substituted items should be documented on the production menu. Individuals 60 years old and above are eligible without regard to race, national origin, gender, or disability.