

Live Oak Senior Nutrition & Service Center

111 Church Street, Los Gatos, Ca.

• Catered Lunch Monday thru Friday, 11:30am - 1:00pm

• Serving Seniors 60+

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

60+ Registered Seniors: \$3/meal (suggested)

Visitors & People less that 60 years old: \$9/meal (required)



NOVEMBER

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	TAI CHI: 10:30 - 11:15 am BINGO: 10/31 & 11/28 12:30 - 1:00 pm	GROCERIES: 12:30 pm	 liveoakseniorcenter.org
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD MENU OPTIONS
28 PASTA WITH MEAT SAUCE * Steamed Broccoli * Fruit of the day * Low Fat Milk 1%	29 DENVER OMELET * Roasted Red Potatoes * Fruit of the day * Low Fat Milk 1%	30 PULLED PORK SANDWICH * Spinach Salad/cucumbers * Fruit of the day * Low Fat Milk 1%	31 HAPPY HALLOWEEN SPECIAL HALLOWEEN MEAL SERVED VEGETARIAN OPTION AVAILABLE	1 - NOVEMBER ROASTED TURKEY * Roast Sweet Potatoes * Cauliflower * Fruit of the day * Low Fat Milk 1%	OCT. 28 - NOV. 1 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk
4 GRILLED DICED CHICKEN * Mashed Potatoes * Steamed Broccoli * Fruit of the day * Low Fat Milk 1%	5 PASTA & MEATBALLS w/MARINARA * Spinach & Red Bell Pepper * Fruit of the day * Low Fat Milk 1%	6 VEGGIE BREAKFAST BOWL (EGG, CHEESE, VEGTABLES) * Herbed Roasted Potatoes * Fruit of the day * Low Fat Milk 1%	7 ANGUS HAMBURGER * Lettuce & Tomato Garnish * Spinach Salad w/Balsamic * Fruit of the day * Low Fat Milk 1%	8 ROASTED WHITE FISH * Roasted Squash & Sweet Potato Medley * Fruit of the day * Low Fat Milk 1%	NOV. 4 - 8 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk
11 CENTER CLOSED Veterans's Day	12 BEEFY MAC BAKE * Steamed Broccoli & Cauliflower Medley * Fruit of the day * Low Fat Milk 1%	13 EGGS, FRENCH TOAST STICKS, TURKEY SAUSAGE * Spinach/ Red Bell Pepper * Fruit of the day * Low Fat Milk 1%	14 TURKEY MEAT LOAF * Peas and Corn * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	15 GRILLED CHICKEN & PINTO BEAN BURRITO * Salad w/Balsamic Dressing * Fruit of the day * Low Fat Milk 1%	NOV. 11 - 15 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheddar Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk
VEGETARIAN OPTION AVAILA 19 VEGETABLE FRITTATA * Roasted Red Potatoes * Fruit of the day * Low Fat Milk 1%	19 SHEPHERD'S PIE * Mashed Potatoes * Baby Carrots * Fruit of the day * Low Fat Milk 1%	20 TURKEY AND BEAN CHILI * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	21 SPECIAL THANKSGIVING MEAL	22 BAKED FISH FILET * Roasted Sweet Potato * Broccoli and Cauliflower * Fruit of the day * Low Fat Milk 1%	NOV. 18 - 22 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk
25 CHICKEN RICE BAKE * Basmati Rice * Steamed Cauliflower * Fruit of the day * Low Fat Milk 1%	26 ROAST PORK TENDERLOIN * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low Fat Milk 1%	27 Roasted Turkey * Corn Bread Stuffing * Mashed Potatoes * Peas, Carrots Medley * Fruit of the day	28 CENTER CLOSED Happy Thanksgiving	29 CENTER CLOSED	NOV. 25 - 29 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.