



Live Oak Senior Nutrition and Service Center
 111 Church Street, Los Gatos, CA 95030
 (408) 354-0707



Salt Icon: Meal contains more than 1000 mg sodium

Monday		Tuesday		Wednesday		Thursday		Friday	
2	LON Shepherd's Pie	3	LON Lemon & Herb Chicken 10:30 Tai Chi Piano Music w/ Tony	4	ARC Turkey Ragout Stew 9:00 Card Games	5	LON Baked Fish with Dill Sauce Blood Pressure Check	6	LON Sesame Ginger Pork With Broccoli 10:00 Scrabble
9	LON Chicken Teriyaki Music by Danny K	10	LON Vegetarian Bean Chili 10:30 Tai Chi Piano Music w/ Tony	11	ARC Baked Fish Sandwich 9:00 Card Games	12	LON Roast Pork with Gravy Blood Pressure Check	13	LON Swedish Meatballs 10:00 Scrabble
16	LON Southwest Omelet Bake	17	LON Corned Beef From Los Gatos Meats 10:30 Tai Chi Piano Music w/ Tony St Patrick's Day Celebration	18	ARC Sweet & Sour Pork 9:00 Card Games	19	LON Italian Fish Blood Pressure Check	20	LON Chicken & Rice Chile Relleno Casserole 10:00 Scrabble
23	LON Parmesan Crusted Fish	24	LON Turkey Pastina Casserole 10:30 Tai Chi Piano Music w/ Tony	25	ARC Chicken Fajita 9:00 Card Games	26	LON Pork Fried Rice Blood Pressure Check	27	LON Pot Roast with Gravy 10:00 Scrabble Birthday Celebration!
30	LON Shoyu Chicken	31	LON Philly Cheesesteak Stuffed Pepper 10:30 Tai Chi Piano Music w/ Tony						

Week 3/2: Rainbow Pasta Salad w/Tuna OR Brown Rice Tabbouleh Salad w/Feta OR Chicken Club Sandwich

Come at 10 am to Socialize - Meals are served at 12 Noon

Week 3/9: Chicken Caesar Salad OR Pear & Cheese Salad OR Vietnamese Pork Banh Mi Sandwich

ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos

Week 3/16: Chef Salad OR Italian Chopped Salad OR Tuna Salad Sandwich

LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos

Week 3/23: Taco Salad OR Marinated Navy Bean Salad OR Turkey & Cheese Wrap

\$3.00 Contribution is Recommended for Adults over 60

Week 3/30: Chicken Santa Fe Salad OR Black Bean & Orzo Salad OR Roast Beef Sandwich

Reservations: 24 Hours in Advance (408) 354-0707