

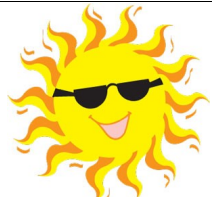




Live Oak Senior Nutrition and Service Center
111 Church Street, Los Gatos, CA 95030
(408) 354-0707



Salt Icon: Meal contains more than 1000 mg sodium

Monday		Tuesday		Wednesday		Thursday		Friday	
2	LON <i>Hawaiian Turkey Ham</i> 	3	LON <i>Caprese Chicken Salad</i>	4	LON <i>Beef & Turkey Tamale Pie</i>	5	LON <i>Greek Chicken Tai Chi</i> <i>10:30 to 11:30 am</i>	6	LON <i>Cuban Pork Roast</i>
9	LON <i>Cuban Mojo Chicken</i>	10	LON <i>Cheese Enchiladas</i>	11	LON <i>Baked Fish w/ Roasted Bell Pepper Sauce</i>	12	LON <i>Turkey Broccoli Rice Casserole Tai Chi</i> <i>10:30 to 11:30 am</i>	13	LON <i>Chile Lime Chicken</i>
16	LON <i>Pot Roast w/ Gravy</i>	17	LON <i>Baked Fish with Tartar Sauce</i>	18	LON <i>Mushroom Chicken</i>	19	LON <i>Beef Stir Fry Tai Chi</i> <i>10:30 to 11:30 am</i>	20	LON <i>BBQ Pork Riblet</i> 
23	LON <i>Oat-Crusted Chicken w/ Sunshine Salsa</i>	24	LON <i>Pork w/ Chimichurri Sauce</i>	25	LON <i>Broccoli Frittata</i>	26	LON <i>Calypso Chicken Casserole Tai Chi</i> <i>10:30 to 11:30 am</i>	27	LON <i>Creole Catfish</i> Birthday Celebration!
30	LON <i>Cider Braised Pork w/ Caramelized Onions</i>	31	LON <i>Orange Glazed Chicken</i>						

Week 8/2: Garden Chicken Salad OR Falafel Salad OR Turkey & Cheese Wrap

Meals are served from 11:00 am to 12:30 pm

Week 8/9: Southwest Salad w/ Turkey Ham OR Tortellini Salad OR Chicken Caesar Wrap

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

Week 8/16: Crabmeat Mandarin Salad OR Cottage Cheese Fruit Salad OR Roast Beef Sandwich

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

Week 8/23: Beef Taco Salad OR Brown Rice Tabbouleh Salad OR Chicken Salad Sandwich

\$3.00 Contribution is Recommended for Adults over 60

Week 8/30: Baja Chicken Salad OR Chickpea Spinach Salad OR Turkey & Cheese Sandwich

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