





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
			1 <i>Beef Stir Fry</i> LON	2 <i>Turkey Burger</i> LON
5 <i>Closed Fourth of July</i> LON	6 <i>Pork w/ Chimichurri Sauce</i> LON	7 <i>Broccoli Frittata</i> LON	8 <i>Calypso Chicken Casserole</i> LON	9 <i>Creole Catfish</i> LON
12 <i>Cider Braised Pork w/ Caramelized Onions</i> LON	13 <i>Orange Glazed Chicken</i> LON	14 <i>Annual Senior Picnic BBQ</i> LON <i>RSVP by July 2</i>	15 <i>Baked Fish w/ Lemon Sauce</i> LON <i>Tai Chi</i> <i>10:30 to 11:30 am</i>	16 <i>Brunswick Stew</i> LON
19 <i>Vegetarian Pasta Primavera</i> LON	20 <i>Baked Fish with Dijon Herb Sauce</i> LON	21 <i>Beef & Turkey Lettuce Wrap</i> LON	22 <i>Chicken Curry</i> LON <i>Tai Chi</i> <i>10:30 to 11:30 am</i>	23 <i>Taco Al Pastor</i> LON
26 <i>Baked Fish w/ Mango Salsa</i> LON	27 <i>Turkey Chili</i> LON	28 <i>Honey Ginger Pork</i> LON	29 <i>Baked Pasta w/ Meat Sauce</i> LON <i>Tai Chi</i> <i>10:30 to 11:30 am</i>	30 <i>Chicken Meatball Sub Sandwich</i> LON <i>Birthday Celebration!</i>

<i>Week 7/1: Crabmeat Mandarin Salad OR Cottage Cheese Fruit Salad OR Roast Beef Sandwich</i>	<i>Meals are served from 11:00 am to 12:30 pm</i>
<i>Week 7/5: Beef Taco Salad OR Brown Rice Tabbouleh Salad OR Chicken Salad Sandwich</i>	<i>ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos</i>
<i>Week 7/12: Baja Chicken Salad OR Chickpea Spinach Salad OR Turkey & Cheese Sandwich</i>	<i>LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos</i>
<i>Week 7/19: Creamy Chicken Rice Salad w/Chow Mein Noodles OR Italian Bean Salad OR Tuna Salad Sandwich</i>	<i>\$3.00 Contribution is Recommended for Adults over 60</i>
<i>Week 7/26: Curried Turkey Salad OR Aztec Bean Salad OR Turkey Ham & Cheese Sandwich</i>	<i>Reservations: 24 Hours in Advance (408) 354-0707</i>