







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
 labor day		1 LON Turkey Pot Pie	2 LON Baked Fish w/ Lemon Sauce <i>10:30 to 11:30 am Tai Chi</i>	3 LON Bratwurst 10:00 Scrabble 
6 LON Closed Labor Day	7 LON Baked Fish with Dijon Herb Sauce	8 LON Beef & Turkey Lettuce Wrap	9 LON Chicken Curry <i>10:30 to 11:30 am Tai Chi</i> 11 to 12 pm Blood Pressure (Vaccinated seniors only)	10 LON Taco Al Pastor 10:00 Scrabble
13 LON Baked Fish w/ Mango Salad	14 LON Turkey Chili	15 LON Honey Ginger Pork	16 LON Baked Pasta w/ Meat Sauce <i>10:30 to 11:30 am Tai Chi</i> 11 to 12 pm Blood Pressure	17 LON Chicken Meatball Sub Sandwich 10:00 Scrabble
20 LON Hawaiian Turkey Ham 	21 LON Caprese Chicken Salad	22 LON Beef & Turkey Tamale Pie	23 LON Greek Chicken <i>10:30 to 11:30 am Tai Chi</i> 11 to 12 pm Blood Pressure	24 LON Cuban Pork Roast 10:00 Scrabble Birthday Celebration!
27 LON Cuban Mojo Chicken	28 LON Cheese Enchiladas	29 LON Baked Fish w/ Roasted Bell Pepper Sauce	30 LON Turkey Broccoli Rice Casserole <i>10:30 to 11:30 am Tai Chi</i> 11 to 12 pm Blood Pressure	
Week 9/1: <i>Baja Chicken Salad OR Chickpea Spinach Salad OR Turkey & Cheese Sandwich</i>			Meals are served from 11:00 am to 12:30 pm	
Week 9/6: <i>Creamy Chicken Rice Salad w/ Chow Mein Noodles OR Italian Bean Salad OR Tuna Salad Sandwich</i>			ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos	
Week 9/13: <i>Curried Turkey Salad OR Aztec Bean Salad OR Turkey Ham & Cheese Sandwich</i>			LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos	
Week 9/20: <i>Garden Chicken Salad OR Falafel Salad OR Turkey & Cheese Wrap</i>			\$3.00 Contribution is Recommended for Adults over 60	
Week 9/27: <i>Southwest Salad w/ Turkey Ham OR Tortellini Salad OR Chicken Caesar Wrap</i>			Reservations: 24 Hours in Advance (408) 354-0707	