













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 LON Chile Lime Chicken 10:00 Scrabble
4 LON Roast Pork With Apple Chutney	5 LON Garlic Rosemary Chicken	6 LON Cheese Lasagna w/ Spinach Sauce	7 LON Chicken w/ Ginger Scallion Sauce 10:30 to 11:30 am Tai Chi 11 to 12 pm Blood Pressure (Vaccinated seniors only)	8 LON Meatballs with Marinara Sauce 10:00 Scrabble
11 LON Closed Columbus Day	12 LON Sweet & Sour Pork	13 LON Beef & Turkey Enchilada Casserole	14 LON Turkey Divan 10:30 to 11:30 am Tai Chi 11 to 12 pm Blood Pressure	15 LON Arroz con Pollo (chicken) 10:00 Scrabble
18 LON Veggie Patty w/ Cuban Sauce (soy protein)	19 LON Baked Chicken w/ Creamy Tuscan Sauce	20 LON Baked Fish w/ Lemon Sauce	21 LON BBQ Chicken Sandwich 10:30 to 11:30 am Tai Chi 11 to 12 pm Blood Pressure	22 LON Ginger Pepper Steak 10:00 Scrabble
25 LON Baked Fish Sandwich 	26 LON Pork Char Siu	27 LON Pollo a la Crema (chicken)	28 LON Shepherd's Pie (beef & turkey) 10:30 to 11:30 am Tai Chi 11 to 12 pm Blood Pressure	29 LON Squash, Wild Rice & Sausage Casserole 10:00 Scrabble Halloween Celebration Prize for Best Costume! Birthday Celebration! 
Week 10/1:  Southwest Salad w/ Turkey Ham OR Tortellini Salad OR Chicken Caesar Wrap			Meals are served from 11:00 am to 12:30 pm	
Week 10/4: BBQ Chicken Salad OR Spinach, Cranberry, Walnut & Egg Salad OR Turkey & Cranberry Sandwich 			ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos	
Week 10/11:  Beef Salad w/ Horseradish Ranch Dressing OR Cottage Cheese Salad OR Tuna Salad Sandwich			LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos	
Week 10/18: Chef Salad OR Beet, Spinach & Feta Salad  OR Curry Apple & Chicken Wrap			\$3.00 Contribution is Recommended for Adults over 60	
Week 10/25: Chinese Chicken Salad OR Three Bean Barley Salad  OR Turkey & Cheese Sandwich 			Reservations: 24 Hours in Advance (408) 354-0707	