



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 Beef & Turkey Enchilada Casserole LON	2 Turkey Divan LON 10:30 to 11:30 am Tai Chi	3 Arroz con Pollo (chicken) LON 10:00 Scrabble
6 Veggie Patty w/ Cuban Sauce (soy protein) LON	7 Baked Chicken with Creamy Tuscan Sauce LON	8 Baked Fish with Lemon Sauce LON	9 BBQ Chicken Sandwich LON 10:30 to 11:30 am Tai Chi	10 Ginger Pepper Steak (beef) LON 10:00 Scrabble
13 Baked Fish Sandwich LON 	14 Pork Char Siu LON	15 Pollo a la Crema (chicken) LON	16 Shepherd's Pie (beef & turkey) LON 10:30 to 11:30 am Tai Chi	17 Calabacitas con Pollo (chicken) LON 10:00 Scrabble
20 Turkey Vegetable Stew LON	21 Chicken Mole LON	22 Glazed Turkey-Ham LON <i>Holiday Celebration</i> 	23 Chicken Parmesan LON 10:30 to 11:30 am Tai Chi	24 Vegetarian Meatballs With Kofta Curry Sauce (soy protein) LON 10:00 Scrabble <i>Birthday Celebration!</i>
27 Closed LON	28 Closed LON	29 Closed LON	30 Closed LON	31 Closed LON <i>New Year's Eve</i>

Week 12/1: Beef Salad w/Horseradish Ranch Dressing OR Cottage Cheese Salad OR Tuna Salad Sandwich	Meals are served from 11:00 am to 12:30 pm
Week 12/6: Chef Salad OR Beet, Spinach & Feta Salad OR Curry Apple & Chicken Wrap	ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos
Week 12/13: Chinese Chicken Salad OR Three Bean Barley Salad OR Turkey & Cheese Sandwich	LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos
Week 12/20: Crabmeat Mandarin Salad OR Kale & Roasted Sweet Potato Salad OR Chicken Salad Sandwich	\$3.00 Contribution is Recommended for Adults over 60
	Reservations: 24 Hours in Advance (408) 354-0707