
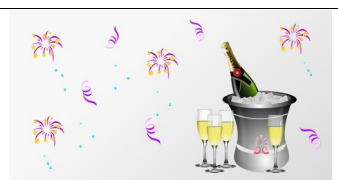




Live Oak Senior Nutrition and Service Center
 111 Church Street, Los Gatos, CA 95030
 (408) 354-0707



Salt Icon: Meal contains more than 1000 mg sodium

Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Chicken Pot Pie</i> LON	4 <i>Baked Fish with Red Pepper Sauce</i> LON	5 <i>Beef & Turkey Chili Mac</i> LON	6 <i>Szechuan Pork</i> LON <i>10:30 to 11:30 am Tai Chi</i>	7 <i>Coconut Curry Chicken</i> LON <i>10:00 Scrabble</i>
10 <i>Roast Pork with Apple Chutney</i> LON	11 <i>Garlic Rosemary Chicken</i> LON	12 <i>Cheese Lasagna w/ Spinach Sauce</i> LON	13 <i>Chicken with Ginger Scallion Sauce</i> LON <i>10:30 to 11:30 am Tai Chi</i>	14 <i>Meatballs with Marinara Sauce (beef & chicken)</i> LON <i>10:00 Scrabble</i>
17 <i>Roast Beef with Gravy</i> LON	18 <i>Sweet & Sour Pork</i> LON	19 <i>Beef & Turkey Enchilada Casserole</i> LON	20 <i>Turkey Divan</i> LON <i>10:30 to 11:30 am Tai Chi</i>	21 <i>Arroz con Pollo (chicken)</i> LON <i>10:00 Scrabble</i>
24 <i>Veggie Patty w/ Cuban Sauce (soy protein)</i> LON	25 <i>Baked Chicken with Creamy Tuscan Sauce</i> LON	26 <i>Baked Fish with Lemon Sauce</i> LON	27 <i>BBQ Chicken Sandwich</i> LON <i>10:30 to 11:30 am Tai Chi</i>	28 <i>Ginger Pepper Steak (beef)</i> LON <i>10:00 Scrabble</i> Birthday Celebration!
31 <i>Baked Fish Sandwich</i> LON				
<i>Week 1/3: Chicken, Farro & Apple Salad OR Italian Bean Salad OR Roast Beef & Cheese Sandwich</i>			Meals are served from 11:00 am to 12:30 pm	
<i>Week 1/10: BBQ Chicken Salad OR Spinach, Cranberry, Walnut & Egg Salad OR Turkey & Cranberry Sandwich</i>			ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos	
<i>Week 1/17: Beef Salad w/ Horseradish Ranch Dressing OR Cottage Cheese Salad OR Tuna Salad Sandwich</i>			LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos	
<i>Week 1/24: Chef Salad OR Beet, Spinach & Feta Salad OR Curry Apple & Chicken Wrap</i>			\$3.00 Contribution is Recommended for Adults over 60	
<i>Week 1/31: Chinese Chicken Salad OR Three Bean Barley Salad OR Turkey & Cheese Sandwich</i>			Reservations: 24 Hours in Advance (408) 354-0707	