









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 Ginger Pepper Steak (beef)
4 LON Hawaiian Chicken 	5 LON Potato Crusted Fish	6 ARC Pork with Peach/Orange BBQ Glaze	7 LON Sloppy Joe Sandwich (beef & turkey) 10:30 to 11:30 am Tai Chi Blood Pressure Check 1:00 to 2:00 pm Bingo	8 LON Ranchero Chicken
11 LON Turkey Burger 	12 LON Tacos Al Pastor (pork)	13 ARC Beef & Broccoli	14 LON Lemon Rosemary Chicken 10:30 to 11:30 am Tai Chi Blood Pressure Check	15 LON Italian Deli Sandwich Easter Celebration
18 LON Glazed Turkey-Ham 	19 LON Taco Salad (beef & turkey)	20 ARC Chicken Adobo	21 LON Black Bean Tortilla Bake 10:30 to 11:30 am Tai Chi Blood Pressure Check	22 LON Baked Fish Sandwich 
25 LON Stuffed Pepper Casserole (beef & turkey)	26 LON Chicken Curry	27 ARC Open Face Turkey Sandwich w/ Gravy	28 LON Baked Fish with Dill Sauce 10:30 to 11:30 am Tai Chi Blood Pressure Check	29 LON Sesame Ginger Pork Birthday Celebration!

Week 4/1: Turkey Tzatziki Salad OR Black Bean & Corn Fiesta Salad OR Roast Beef Sandwich

Meals are served from 11:00 am to 12:30 pm

Week 4/4: Chicken Santa Fe Salad OR Chickpea Spinach Salad OR Turkey & Cheese Wrap

ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos

Week 4/11: Italian Pasta Salad w/Turkey OR Beet, Spinach & Feta Salad OR Turkey-Ham & Cheese Sandwich

LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos

Week 4/18: Chicken Quinoa Salad OR Cottage Cheese Fruit Salad OR Greek Turkey Wrap

\$3.00 Contribution is Recommended for Adults over 60

Week 4/25: Surimi Salad with Macaroni OR Lentil Salad OR Chicken Caesar Wrap

Reservations: 24 Hours in Advance (408) 354-0707