



**August
2022**

*Live Oak Senior Nutrition
Center, 111 Church St, Los
Gatos. \$3 suggested
donation over 60*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> -Shepherd 's Pie W/Mixed veggies with Carrots Fruit – Fresh Cantaloup Veggie – Baby Carrots	<u>2</u> - Chicken Curry Over Brown rice and Asian Stir Fry Veggies Fruit – Mandarin Veggie – Broccoli	<u>3</u> - Turkey Ala King over Brown Rice w/ Mushrooms Peas and Carrots Fruit – Orange Veggie – Cauliflower	<u>4</u> - Teriyaki Tofu & Rice Bowl w/ Broccoli, Zucchini, Red Bell Peppers, Edamame <i>10:30 am Tai Chi</i> <i>12:30 pm Bingo</i> Fruit – Fresh Pineapple Veggie - Snap Peas	<u>5</u> - B.B.Q Pulled Pork Sandwich Fruit – Mixed Berries Veggie- Cucumber & Red bell peppers
<u>8</u> - Chinese Chicken Salad Fruit – Strawberries Veggie – Edamame	<u>9</u> - Black Bean w/ cheese Burrito Fruit – Mix Melon Veggie – Mardi Gras Slaw	<u>10</u> - Grilled Angus Hamburger Fruit – Banana Veggie-Tomato & Cucumber salad	<u>11</u> - Breaded Fish Filet w/Herb Roasted Sweet Potatoes <i>10:30 am Tai Chi</i> <i>12:30 pm Bingo</i> Fruit – Orange Veggie -Cauliflower	<u>12</u> - Chicken Pesto Pasta W/ Garlic Spinach Fruit –Pineapple Veggie – Snap Peas
<u>15</u> - Pork Fried Rice w/Peas Carrots and Scrambled Egg Fruit – Pineapple Veggie – Edamame	<u>16</u> - Salmon Burger w/ Lettuce and Tomato Garnish Fruit – Mandarin Veggie – Baby Carrots	<u>17</u> - Roasted Turkey & Roasted Butternut Squash with Sage Fruit –Apple Veggie - Cauliflower	<u>18</u> - B.B.Q Chicken & Herb Roasted Potatoes Served w/Peas & Corn <i>10:30 am Tai Chi</i> <i>12:30 pm Bingo</i> Fruit – cantaloupe Veggie – Cucumbers blend	<u>19</u> - Grilled Steak Burrito Fruit– Orange Veggie- Mardi Gras Slaw
<u>25</u> -Veggie Frittata Broccoli, Zucchini, Red Bell Peppers W/ Roasted Red Potatoes Fruit –Apple Veggie – Carrots	<u>26</u> - Pasta Primavera w/Chicken Zucchini, Broccoli, Tomatoes, Red Bell peppers Fruit – Mixed Melon Veggie – Cauliflower	<u>27</u> - Beef & Broccoli w/ Glazed Carrots Fruit – Mandarin Veggie – Edamame	<u>28</u> -Pasta with Ground Turkey and Marinara <i>10:30 am Tai Chi</i> <i>12:30 pm Bingo</i> Fruit – Pineapple Veggie – Spinach Salad	<u>29</u> -Chicken Fajita Bowl w/Black Beans Fruit – Orange Veggie – Cucumbers

Meals are served from 11 am to 12:30 pm. Call (408) 354-0707 24 hours in advance.
Wk 8/1: Southwest Chicken Salad or Southwest Salad or Turkey & Cheddar Sandwich
Wk 8/8: Chicken Caesar Salad or Caesar Salad or Roast beef & Cheddar Sandwich
Wk 8/15: Cobb Salad or Veggie Cobb Salad or Chicken Salad Sandwich
Wk 8/25: Chopped Chicken Greek Salad or Veggie Greek Salad or Egg Salad Sandwich



