




November 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
<p>-Veggie Frittata Broccoli, Zucchini, Red Bell Peppers W/ Roasted Red Potatoes Wheat Roll Halloween Celebration Fruit –Apple</p>	<p>- Pasta Primavera w/Chicken Zucchini, Broccoli, Tomatoes, Red Bell Peppers with a side of hot Cauliflower 10:30 am Yoga Fruit – Cantaloup</p>	<p>Beef & Broccoli Served over Brown Rice w/hot side of Glazed Carrots 11 am to 12 pm Blood Pressure Fruit – Mandarin</p>	<p>-Pasta with Ground Turkey and Marinara Served with a cold Side salad 10:30 am Tai Chi 12:30 pm Bingo Fruit – Pineapple Veggie – Spinach Salad</p>	<p>-Chicken Fajita Bowl w/Black Beans , Red Onions,red and Yellow Bell Peppers over Brown Rice Fruit – Orange</p>
7	8	9	10	11
<p>- Orange Chicken Served over Brown Rice and side of Mixed veggies Fruit- Mandarin</p>	<p>- Roasted Pork Tenderloin Served with Roasted Butternut Squash Wheat Roll 10:30 am Yoga Fruit – Cantaloup</p>	<p>- Hawaiian Meatballs Served Over Brown Rice with a side of Broccoli and Cauliflower 11 am to 12 pm Blood Pressure Fruit- Pineapple</p>	<p>- Three Bean Chili Served with a Side Spinach Salad and Balsamic Dressing Wheat Roll 10:30 am Tai Chi 12:30 pm Bingo Fruit – Orange</p>	<p>- Butter Chicken Served over Brown Rice with a Side of Hot Mixed Veggies Fruit –Apple</p>
14	15	16	17	18
<p>- Shepherd’s Pie Served with Mixed Veggies and Mashed Potatoes Wheat Roll Fruit – Cantaloup</p>	<p>- Chicken Curry Served over Brown Rice with mixed Stir-Fried Veggies 10:30 am Yoga Fruit –Pineapple</p>	<p>- Turkey Ala King With Mushrooms and Carrots Served over Brown Rice 11 am to 12 pm Blood Pressure Fruit –Mandarin</p>	<p>- Teriyaki Chicken and Rice Bowl Sauteed Asian blend veggies served over Brown Rice 10:30 am Tai Chi 12:30 pm Bingo Fruit – cantaloup</p>	<p>-BBQ Pulled Pork Sandwich Fruit– Orange Veggie- Mardi Gras Slaw</p>
21	22	23	24	25
<p>-Chicken Pesto Pasta Served with Sauteed Spinach with Garlic Fruit- Pineapple</p>	<p>-Angus Beef Hamburger Served on a Wheat Bun Served with Lettuce and Tomatoes 10:30 am Yoga Fruit- orange</p>	<p>-Turkey, mashed potatoes, stuffing, peas, roll, & dessert 11 am to 12 pm Blood Pressure Thanksgiving Goody Bag!</p>	<p>Holiday</p> 	

Meals are served from 11 am to 12:30 pm. Call (408) 354-0707 24 hours in advance.

Wk 10/31: Chopped Chicken Greek Salad or Veggie Greek Salad or Egg Salad Sandwich

Wk 11/7: Southwest Chicken Salad or Southwest Salad or Turkey Havarti Sub Sandwich

Wk 11/14: Cobb Salad or Veggie Cobb Salad or Chicken Salad Sandwich

Wk 11/21: Chicken Caesar Salad or Caesar Salad or Roast beef & Cheddar Sandwich

