







January 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> 	<p>3</p> <p>-Korean Beef Bowl Over Brown Rice Served with Sauteed cabbage with Bell Peppers, Mushrooms, carrots 10:30 am Yoga</p> <p>Fruit- Fresh Pineapple</p>	<p>4</p> <p>-French Toast, Egg Scramble with Spinach and Bell Peppers and Turkey Sausage</p> <p>Fruit- Fresh Pears</p>	<p>5</p> <p>-Turkey Meat Loaf Served with Mashed Potatoes and Peas & Carrots 10:30 am Tai Chi 12:30 pm Bingo</p> <p>Fruit- Fresh Orange</p>	<p>6</p> <p>-Chicken Pesto Pasta Served with Sauteed Spinach with Garlic</p> <p>Fruit-Mandarin Orange</p>
<p>9</p> <p>-Vegetable Frittata With Broccoli, Zucchini, Red Bell Pepper, and Mexican Blend Cheese. Served with Roasted Red Potatoes and a Whole Wheat Roll</p> <p>Fruit- Apple</p>	<p>10</p> <p>-Beef Shepherd's Pie Ground Beef Mixed Veggies with mashed potatoes on top with Cheddar/Jack Cheese and a Whole Wheat Roll Cold side veggie- Baby Carrots 10:30 am Yoga</p> <p>Fruit- Mandarin Orange</p>	<p>11</p> <p>-Turkey and Bean Chili Ground Turkey, Beans Topped with Mexican Cheese blend Served with a Whole Wheat Roll Cold side of Spinach Salad</p> <p>Fruit- Fresh Pineapple</p>	<p>12</p> <p>-Teriyaki Chicken Served over Brown Rice and Asian Blend Veggies and a side of Glazed Carrots 10:30 am Tai Chi 12:30 pm Bingo</p> <p>Fruit- Fresh Orange</p>	<p>13</p> <p>-Baked Fish Filet Served over Herbed Brown Rice with a side of Cauliflower and Broccoli</p>  <p>Fruit- Fresh Banana</p>
<p>16</p> <p>Closed</p> 	<p>17</p> <p>-Chicken and Veggie Potstickers served over Brown Rice with Edamame Cold side of Green Cabbage Coleslaw 10:30 am Yoga</p> <p>Fruit- Apple</p>	<p>18</p> <p>-Roasted Pork Tenderloin with Mashed Potatoes and a side of Steamed Broccoli And a Whole Wheat Roll</p>  <p>Fruit- Fresh Cantaloupe</p>	<p>19</p> <p>-Beef & Broccoli Served over Brown Rice with a side of Glazed Carrots 10:30 am Tai Chi 12:30 pm Bingo</p> <p>Fruit- Fresh Pineapple</p>	<p>20</p> <p>-Turkey Sloppy Joes Served on a Whole Wheat Bun Cold side of Mardi Gras Slaw</p> <p>Fruit- Fresh Orange</p>
<p>23</p> <p>-Oven Baked Ziti Served with Steamed Broccoli on the side</p> <p>Fruit- Fresh Pear</p>	<p>24</p> <p>-Vegetarian 3 Bean Chili Topped with Mexican Blend Cheese Served with a Cold side of Spinach Salad with Balsamic Vinaigrette With a Whole Wheat Roll 10:30 am Yoga</p> <p>Fruit- Fresh Pineapple</p>	<p>25</p> <p>-Pulled Pork Sandwich Served on a Whole Wheat Bun Cold Side of Romaine Salad with Raspberry Vinaigrette</p> <p>Fruit- Fresh Cantaloupe</p>	<p>26</p> <p>-Grilled Salmon Burger Served on a Whole Wheat Bun with Lettuce and Tomato Garnish and a Cold Side of Mardi Gras Slaw 10:30 am Tai Chi 12:30 pm Bingo</p> <p>Fruit- Mandarin Orange</p>	<p>27</p> <p>-Roasted Turkey with Herbed roasted Sweet Potatoes and a side of Cauliflower Whole Wheat Roll</p> <p>Fruit- Fresh Apple</p>

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

Cold Alternatives:

WK 1/3-1/6: Chicken Caesar Salad or Caesar Salad with Chickpeas or Chicken Salad Sandwich

WK 1/9- 1/13: Chopped Chicken Greek Salad or Chopped Veggie Greek Salad with Garbanzo Beans or Tuna Salad Sandwich

WK 1/17-1/20: Southwest Chicken Salad or Southwest Salad or Egg Salad Sandwich

WK 1-23-1/27: Asian Chicken Salad or Veggie Asian Salad with Sauteed Tofu or Turkey & Cheddar Sandwich

All cold items come with Fruit of the day