

Live Oak Senior Nutrition and Service Center

Serving Seniors 60 and older

111 Church Street, Los Gatos, Ca.



MAY 2023 MENU & ACTIVITIES

Lunch Served Monday thru Friday, 11:30am - 1:00pm

To place your meal order call **408-354-0707** 24 hours in advance

Suggested \$3 lunch donation (optional)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVERY MONDAY Groceries 11:30am 'Limited supply'	EVERY TUESDAY • Yoga 10:30am	EVERY WEDNESDAY Groceries 11:30am 'Limited supply'	EVERY THURSDAY • Tai Chi 10:30am LAST THURSDAY • Bingo 12:30pm	EVERY FRIDAY Groceries 11:30am 'Limited supply'
1 BBQ Chicken • Whole Wheat Roll • Herb Roasted Butternut Squash • Cauliflower • Fresh Cantaloupe	2 Pork Tenderloin • Whole Wheat Roll • Mashed Sweet Potatoes • Steamed Broccoli • Mixed Berries	3 Chicken/Veggie Potstickers • Brown Rice • Cabbage Slaw • Mandarin Orange	4 Beef & Broccoli • Brown Rice • Glazed Carrots • Fresh Pineapple	5 Turkey Sloppy Joes • Whole Wheat Bun • Mardi Gras Slaw • Fresh Orange
8 Pulled Pork Sandwich • Romaine Salad w/ Raspberry Vinaigrette • Fresh Cantaloupe	9 Vegetable Soup with Pasta & Parmesan • Spinach Salad w/Balsamic • Fresh Pineapple	10 Pasta With Meat Sauce • Steamed Broccoli • Fresh Apple	11 Grilled Salmon Burger • Lettuce/Tomato • Mardi Gras Slaw • Mandarin Orange	12 Roasted Turkey • Roasted Herbed Sweet Potatoes • Cauliflower • Fresh Watermelon
15 Chicken Fried Rice • Peas & Carrots • Romaine Salad w/ Balsamic Dressing • Fresh Pineapple	16 Turkey Meatballs, Pasta w/Marinara • Sauteed Garlic Spinach • Fresh Orange	17 Veggie Breakfast Bowl • Whole Wheat Roll • Herbed Roasted Potatoes • Fresh Cantaloupe	18 Angus Burger w/ Whole Wheat Bun • Lettuce & Tomato • Spinach Salad w/ Balsamic Dressing • Mandarin Orange	19 Al Pastor Pork • Spanish Rice • Black Beans • Strawberries
22 Beef & Vegetable Barley Soup • Whole Wheat Roll • Spinach Salad w/Vinaigrette • Fresh Pineapple	23 Chicken BBQ Pulled Sliders on Whole Wheat Rolls • Cabbage Slaw • Fresh Cantaloupe	24 Eggs & Turkey Sausage • French Toast • Spinach • Fresh Banana	25 Turkey Meatloaf • Whole Wheat Roll • Mashed Potatoes • Peas and Corn • Fresh Orange	26 BBQ Chicken & Bean Burrito • Romaine Salad w/ Balsamic • Mandarin Orange
29 Vegetable Frittata • Whole Wheat Roll • Roasted Red Potatoes • Mixed Berries	30  Memorial Day Shepherd's Pie • Whole Wheat Roll • Baby Carrots • Mandarin Orange	31 Turkey & Bean Chili • Whole Wheat Roll • Spinach Salad w/ Vinaigrette • Fresh Pineapple	June 1 Teriyaki Chicken • Brown Rice • Asian Blend Veggies & Glazed Carrots • Fresh Orange	June 2 Baked Fish Filet • Herbed Rice • Broccoli & Cauliflower • Fresh Banana

Cold Lunch Alternatives: * All meals include fresh fruit of the day and low fat 1% Milk

- May 1-5 Chopped Chicken Greek Salad or Veggie Greek Salad or Tuna Salad Sandwich
- May 8-12 Southwest Chicken Salad or Veggie Southwest Salad or Egg Salad Sandwich
- May 15-19 Asian Chicken Salad or Asian Veggie Salad or Turkey & Cheddar Sandwich
- May 22-6 Cobb Salad or Veggie Cobb Salad or Roast Beef and Cheese Sandwich
- May 29-June 2... Chicken Cesar Salad or Veggie Cesar Salad or Chicken Salad Sandwich