



Live Oak Senior Nutrition and Service Center

111 Church Street, Los Gatos, Ca.

Serving Seniors 60 and Older

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

Place your meal order for the following day(s) or week in person or by calling 408-354-0707

Orders must be placed before 1pm for next day meals

60+ Registered Seniors: \$3 lunch donation (suggested). Visitors & People less than 60 years old: \$9 per meal (required)

MEALS PREPARED BY



DECEMBER 2023

EVERY MONDAY GROCERIES 11:30am 'Limited supply'	EVERY TUESDAY YOGA 10:45-11:30am <i>Note New Start Time!</i>	EVERY WEDNESDAY GROCERIES 11:30am 'Limited supply'	EVERY THURSDAY Tai Chi 10:15-11:15am THURSDAY 12/21/23 Bingo 12:30pm	EVERY FRIDAY GROCERIES 11:30am 'Limited supply'	<i>This is The Season</i>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE
27 - November CHICKEN FRIED RICE * Romaine Salad w/Balsamic Dressing * Fresh Pineapple * Low Fat Milk 1%	28 - November TURKEY MEATBALLS w/MARINARA PASTA * Sauteed Garlic Spinach * Fresh Orange * Low Fat Milk 1%	29 - November VEGGIE BREAKFAST BOWL * Roasted Potatoes * Fresh Cantaloupe * Low Fat Milk 1%	30 - November ANGUS HAMBURGER * Lettuce & Tomato Garnish * Spinach Salad w/Balsamic * Mandarin Orange * Low Fat Milk 1%	1 (December) AL PASTOR PORK * Spanish Brown Rice * Blk Beans, Onion, Red Pepr * Strawberries * Low Fat Milk 1%	WK OF NOV. 27 - DEC. 1 1) Cobb Chicken Salad 2) Vegetarian Cobb Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice
4 PULLED PORK SANDWICH * Romaine Salad/Raspberry V * Whole Wheat Bun * Cantaloupe * Low Fat Milk 1%	5 VEGETABLE SOUP w/PARMESAN * Spinach Salad w/Balsamic Dressing * Pineapple * Low Fat Milk 1%	6 PASTA WITH MEAT SAUCE * Steamed Broccoli * Apple * Low Fat Milk 1%	7 GRILLED SALMON BURGER * Lettuce & Tomato Garnish * Mardi Gras Slaw * Mandarin Orange * Low Fat Milk 1%	8 BAKED WHITE FISH * Roasted Red Potatoes * Steamed Carrots * Orange * Low Fat Milk 1%	WK OF DECEMBER 4-8 1) Chopped Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice
11 CHICKEN FRIED RICE * Romaine Salad w/Balsamic Dressing * Pineapple * Low Fat Milk 1%	12 CHICKEN, BEEF, PORK MEATBALLS w/MARINARA * Sauteed Garlic Spinach * Orange * Low Fat Milk 1%	13 VEGGIE BREAKFAST BOWL (EGG, CHEESE, VEGTABLES) * Herbed Roasted Potatoes * Cantaloupe * Low Fat Milk 1%	14 ANGUS HAMBURGER * Lettuce & Tomato Garnish * Spinach Salad w/Balsamic * Mandarin Orange * Low Fat Milk 1%	15 CHICKEN NOODLE SOUP * Romaine Salad w/Raspberry Vinaigrette * Strawberries * Low Fat Milk 1%	WK OF DECEMBER 11 - 15 1) Southwest Chicken Salad 2) Vegetarian Southwest Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice
18 MIXED FISH CAKE SANDWICH * Spinach and Tomato Salad w/Raspberry Vinaigrette * Pineapple * Low Fat Milk 1%	19 TURKEY MEATLOAF * Whole Wheat Roles * Red & Green Cabbage Slaw * Apple * Low Fat Milk 1%	20 BBQ PULLED CHICKEN SLIDERS * Peas & Corn * Mashed Potatoes * Orange * Low Fat Milk 1%	21 EARLY HOLIDAY MEAL ROASTED TURKEY * Stuffing & Mashed Potatoes * Carrots & Peas * Orange & Pumpkin Pie * Low Fat Milk 1%	22 EGGS, SAUSAGE, AND FRENCH TOAST STICKS * Spinach w/Red Bell Pepper * Fresh Banana * Low Fat Milk 1%	WK OF DECEMBER 18 - 22 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey & Cheddar Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice
25 Center Closed No Groceries	26 Center Closed No Yoga	27 Center Closed No Groceries	28 Center Closed No Tai Chi	29 Center Close No Groceries	Center Closed