



# 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 PLACE BEFORE 1PM FOR NEXT DAY MEALS**

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

MEALS PREPARED BY



## FEBRUARY 2024

新年快樂

Happy Lunar New Year

2024

| EVERY MONDAY<br>GROCERIES 11:30am<br>'Limited supply'  | EVERY TUESDAY<br>CHAIR AROBICS<br>10:45-11:30am  | EVERY WEDNESDAY<br>GROCERIES 11:30am<br>'Limited supply'  | EVERY THURSDAY<br>- Tai Chi 10:15-11:15am<br><br>LAST THURSDAY<br>- BINGO Feb. 29 at 12:30pm  | EVERY FRIDAY<br>GROCERIES 11:30am<br>'Limited supply'  |   |
|--|--|---|---|--|---|
| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | COLD MENU OPTIONS   |
| <b>29</b><br><b>VEGETABLE FRITTATA</b><br>* Roasted Red Potatoes<br>* Apple<br>* Low Fat Milk 1%                                       | <b>30</b><br><b>SHEPHERD'S PIE</b><br>* Mashed Potatoes<br>* Baby Carrots<br>* Mandarin Orange<br>* Low Fat Milk 1%          | <b>31</b><br><b>TURKEY AND BEAN CHILI</b><br>* Spinach Salad w/Raspberry Vinaigrette<br>* Pineapple<br>* Low Fat Milk 1%              | <b>1</b><br><b>TERIYAKI CHICKEN W/RICE</b><br>* Asian Blend Vegetables<br>* Glazed Carrots<br>* Orange<br>* Low Fat Milk 1%               | <b>2</b> <b>GROUNDHOG DAY</b><br><b>BAKED FISH FILET</b><br>* Herbed Brown Rice<br>* Broccoli and Cauliflower<br>* Banana<br>* Low Fat Milk 1% | <b>WEEK OF JANUARY 29 - February 2</b><br>1) Chicken Cesar Salad<br>2) Vegetarian Cesar w/chickpeas<br>3) Chicken Salad Sandwich<br><b>* All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice</b>       |
| <b>5</b><br><b>BBQ Chicken</b><br>* Roasted Buttermilk Squash<br>* Cauliflower<br>* Cantaloupe<br>* Low Fat Milk 1%                    | <b>6</b><br><b>ROASTED PORT TENDERLOIN</b><br>* Mashed Sweet Potatoes<br>* Steamed Broccoli<br>* Banana<br>* Low Fat Milk 1% | <b>7</b><br><b>POTSTICKERS</b><br>* Brown Rice<br>* Green Cabbage Slaw<br>* Mandarin Orange<br>* Low Fat Milk 1%                      | <b>8</b><br><b>BEEF &amp; BROCCOLI</b><br>* Brown Rice<br>* Glazed Carrots, Broccoli<br>* Pineapple<br>* Low Fat Milk 1%                  | <b>9</b><br><b>TURKEY SLOPPY JOES</b><br>* Mardi Graw Slaw<br>* Orange<br>* Low Fat Milk 1%  | <b>WEEK OF FEBRUARY 5-9</b><br>1) Chopped Chicken Greek Salad<br>2) <b>Vegetarian</b> Greek Salad<br>3) Tuna Salad Sandwich<br><b>* All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice</b>            |
| <b>12</b><br><b>PULLED PORK SANDWICH</b><br>* Romaine Salad/Raspberry V<br>* Whole Wheat Bun<br>* Cantaloupe<br>* Low Fat Milk 1%      | <b>13</b><br><b>VEGETABLE SOUP w/PARMESAN</b><br>* Spinach Salad w/Balsamic Dressing<br>* Pineapple<br>* Low Fat Milk 1%     | <b>14</b> <b>HAPPY VALENTINE'S DAY</b><br><b>PASTA WITH MEAT SAUCE</b><br>* Steamed Broccoli<br>* Apple<br>* Low Fat Milk 1%          | <b>15</b><br><b>SPECIAL LUNAR NEW YEAR MEAL CHINESE FOOD</b><br>Sponsored by our Thursday Tai Chi group                                   | <b>16</b><br><b>BAKED WHITE FISH</b><br>* Roasted Red Potatoes<br>* Steamed Carrots<br>* Orange<br>* Low Fat Milk 1%                           | <b>WEEK OF FEBRUARY 12-16</b><br>1) Southwest Chicken Salad<br>2) <b>Vegetarian</b> Southwest Salad<br>3) Egg Salad Sandwich<br><b>* All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice</b>           |
| <b>19</b><br><b>CHICKEN FRIED RICE</b><br>* Romaine Salad w/Balsamic Dressing<br>* Pineapple<br>* Low Fat Milk 1%                      | <b>20</b><br><b>CHICKEN, BEEF, PORK MEATBALLS w/MARINARA</b><br>* Sauteed Garlic Spinach<br>* Orange<br>* Low Fat Milk 1%    | <b>21</b><br><b>VEGGIE BREAKFAST BOWL (EGG, CHEESE, VEGETABLES)</b><br>* Herbed Roasted Potatoes<br>* Cantaloupe<br>* Low Fat Milk 1% | <b>22</b><br><b>ANGUS HAMBURGER</b><br>* Lettuce & Tomato Garnish<br>* Spinach Salad w/Balsamic<br>* Mandarin Orange<br>* Low Fat Milk 1% | <b>23</b><br><b>CHICKEN NOODLE SOUP</b><br>* Romaine Salad w/Raspberry Vinaigrette<br>* Strawberries<br>* Low Fat Milk 1%                      | <b>WEEK OF FEBRUARY 19 - 23</b><br>1) Asian Chicken Salad<br>2) <b>Vegetarian</b> Asian Salad<br>3) Turkey & Cheddar Sandwich<br><b>* All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice</b>          |
| <b>26</b><br><b>MIXED FISH CAKE SANDWICH</b><br>* Spinach and Tomato Salad w/Raspberry Vinaigrette<br>* Pineapple<br>* Low Fat Milk 1% | <b>27</b><br><b>TURKEY MEATLOAF</b><br>* Whole Wheat Rolls<br>* Red & Green Cabbage Slaw<br>* Apple<br>* Low Fat Milk 1%     | <b>28</b><br><b>BBQ PULLED CHICKEN SLIDERS</b><br>* Peas & Corn<br>* Mashed Potatoes<br>* Orange<br>* Low Fat Milk 1%                 | <b>29</b><br><b>EGGS, SAUSAGE, AND FRENCH TOAST STICKS</b><br>* Spinach w/Red Bell Pepper<br>* Fresh Banana<br>* Low Fat Milk 1%          | <b>1 - MARCH</b><br><b>BBQ CHICKEN &amp; BLACK BEAN BURRITO</b><br>* Romaine Salad w/Balsamic<br>* Mandarin Orange<br>* Low Fat Milk 1%        | <b>WEEK OF FEBRUARY 26 - March 1</b><br>1) Cobb Chicken Salad w/egg<br>2) <b>Vegetarian</b> Cobb Salad w/egg<br>3) Roast Beef Sandwich<br><b>* All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice</b> |