Live Oak Senior Nutrition & Service Center

111 Church Street, Los Gatos, Ca.

Catered Lunches Monday thru Friday, 11:30am - 1:00pm   **Serving Seniors 60 and Older**

APRIL 2024

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
GROCERIES: 11:30am * Doors open 11am * Supplies limited	CHAIR YOGA: 10:45-11:30am	GROCERIES: 11:30am * Doors open 11am * Supplies limited	TAI CHI: 10:15-11:15am BINGO: 4/25 @ 12:30pm	GROCERIES: 11:30am * Doors open 11am * Supplies limited	April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE CHOICES
1 PASTA WITH MEAT SAUCE * Steamed Broccoli * Apple * Low Fat Milk 1%	**2** DENVER OMELET *NEW* * Roasted Red Potatoes * Pineapple * Low Fat Milk 1%	**3** GRILLED SALMON BURGER * Lettuce & Tomato Garnish * Romaine Salad/Raspberry Vin * Mandarin Orange * Low Fat Milk 1%	**4** PULLED PORK SANDWICH * Mardi Gras Slaw * Cantaloupe * Low Fat Milk 1%	**5** ROASTED TURKEY *NEW* * Roast Sweet Potatoes * Cauliflower * "Cooks Choice" Fruit * Low Fat Milk 1%	WEEK OF APRIL 1 - 5 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

8
 GRILLED DICED CHICKEN
 * Mashed Potatoes *NEW*
 * Steamed Broccoli
 * Pineapple
 * Low Fat Milk 1%
	9
	 CHICKEN, BEEF, PORK
	 MEATBALLS w/MARINARA
	 * Sauteed Garlic Spinach
	 * Orange
	 * Low Fat Milk 1%
		10
		 VEGGIE BREAKFAST BOWL
		 (EGG, CHEESE, VEGTABLES)
		 * Herbed Roasted Potatoes
		 * Cantaloupe
		 * Low Fat Milk 1%
			11
			 ANGUS CHEESEBURGER *NEW*
			 * Lettuce & Tomato Garnish
			 * Spinach Salad w/Balsamic
			 * Mandarin Orange
			 * Low Fat Milk 1%
				12
				 ROASTED WHITE FISH *NEW*
				 * Roasted Squash & Sweet
				   Potato Medley
				 * Strawberries
				 * Low Fat Milk 1%
					WEEK OF APRIL 8 - 12
					 1) Southwest Chicken Salad
					 2) Vegetarian Southwest Salad
					 3) Egg Salad Sandwich
					 * All Include: Fruit of the Day,
					   1% Low Fat Milk, Orange Juice

15 EGGS, TURKEY SAUSAGE, & FRENCH TOAST STICKS * Spinach w/Red Bell Pepper * Fresh Banana * Low Fat Milk 1%	**16** GRILLED SALMON BURGER * Lettuce & Tomato Garnish * Romaine Salad/Raspberry Vin * Cantaloupe * Low Fat Milk 1%	**17** BEEF FAJITA BOWL *NEW* * Spanish Rice * Spinach Salad w/Balsamic * Pineapple * Low Fat Milk 1%	**18** TURKEY MEATLOAF * Mashed Potatoes * Peas & Corn * Orange * Low Fat Milk 1%	**19** BBQ CHICKEN & BLACK BEAN BURRITO * Romaine Salad w/Balsamic * Mandarin Orange * Low Fat Milk 1%	WEEK OF APRIL 15 - 19 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey & Cheddar Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice

22
 SHEPHERD'S PIE
 * Mashed Potatoes
 * Baby Carrots
 * Mandarin Orange
 * Low Fat Milk 1%
	23
	 VEGETABLE FRITTATA
	 * Roasted Red Potatoes
	 * Strawberries
	 * Low Fat Milk 1%
		24
		 TURKEY AND BEAN CHILI
		 * Spinach Salad w/Raspberry
		   Vinaigrette
		 * Pineapple
		 * Low Fat Milk 1%
			25
			 TERIYAKI CHICKEN *NEW*
			 * Brown Rice /
			 * Asian Blend Veggies / Carrots
			 * Orange
			 * Low Fat Milk 1%
				26
				 BAKED FISH FILLET
				 * Herbed Brown Rice
				 * Broccoli & Cauliflower
				 * Banana
				 * Low Fat Milk 1%
					WEEK OF APRIL 22 - 26
					 1) Cobb Chicken Salad w/egg
					 2) Vegetarian Cobb Salad w/egg
					 3) Roast Beef Sandwich
					 * All Include: Fruit of the Day,
					   1% Low Fat Milk, Orange Juice

29 CHICKEN RICE BAKE *NEW* * Basmati Rice * Peas & Carrots, Cauliflower * Cantaloupe * Low Fat Milk 1%	**30** ROASTED PORK TENDERLOIN * Mashed Sweet Potatoes * Steamed Broccoli * Banana * Low Fat Milk 1%	**MAY 1** CHICKEN/VEG ALFREDO *NEW* * Zucchini & Red Bell Pepper * Mandarin Orange * Low Fat Milk 1%	**MAY 2** TURKEY SLOPPY JOES * Mardi Graw Slaw * Orange * Low Fat Milk 1%	**MAY 3** BEEF & BROCCOLI * Brown Rice * Glazed Carrots, Broccoli * Pineapple * Low Fat Milk 1%	WEEK OF APRIL 29 - MAY 3 1) Chicken Cesar Salad 2) Vegetarian Cesar w/chickpeas 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice

Meal contains more than 1000 mg sodium   Vegetarian meal   Menu, serving size, and nutritional values available at the Live Oak Senior Nutrition and Service Center Information table

All persons aged 60 and above are eligible without regard to race, national origin, gender or disability.   Menus are written by My Green Lunch staff and approved by Senior Nutrition Program's Registered Dietitian.