



# Live Oak Senior Nutrition & Service Center

111 Church Street, Los Gatos, Ca.

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

Serving Seniors 60+



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)

## JUNE 2024

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
GROCERIES: 12:30am * Supplies limited	GROCERIES: 12:30am * Supplies limited  CHAIR YOGA: 10:45am	GROCERIES: 12:30am * Supplies limited	TAI CHI: 10:15-11:15am  BINGO: 6/27 @ 12:30pm	GROCERIES: 12:30am * Supplies limited	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE CHOICES
<b>3</b> CHICKEN RICE BAKE * Basmati Rice * Peas & Carrots, Cauliflower * Cantaloupe * Low Fat Milk 1%	<b>4</b> ROASTED PORK TENDERLOIN * Mashed Sweet Potatoes * Steamed Broccoli * Banana * Low Fat Milk 1%	<b>5</b> CHICKEN/VEG ALFREDO * Zucchini & Red Bell Pepper * Mandarin Orange * Low Fat Milk 1%	<b>6</b> TURKEY SLOPPY JOES * Mardi Graw Slaw * Orange * Low Fat Milk 1%	<b>7</b> BEEF & BROCCOLI * Brown Rice * Glazed Carrots, Broccoli * Pineapple * Low Fat Milk 1%	WEEK OF JUNE 3 - 7 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
<b>10</b> PASTA WITH MEAT SAUCE * Steamed Broccoli * Apple * Low Fat Milk 1%	<b>11</b> DENVER OMELET * Roasted Red Potatoes * Pineapple * Low Fat Milk 1%	<b>12</b> GRILLED SALMON BURGER * Lettuce & Tomato Garnish * Romaine Salad/Raspberry Vin * Mandarin Orange * Low Fat Milk 1%	<b>13</b> ANNIVERSARY CELEBRATION * Lasagne * Salad / Italian Dressing * Garlic Bread * Cake	<b>14</b> FLAG DAY ROASTED TURKEY * Roast Sweet Potatoes * Cauliflower * "Cooks Choice" Fruit * Low Fat Milk 1%	WEEK OF JUNE 10 - 14 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
<b>17</b> GRILLED DICED CHICKEN * Mashed Potatoes * Steamed Broccoli * Pineapple * Low Fat Milk 1%	<b>18</b> CHICKEN, BEEF, PORK MEATBALLS w/MARINARA * Sauteed Garlic Spinach * Orange * Low Fat Milk 1%	<b>19</b> VEGGIE BREAKFAST BOWL (EGG, CHEESE, VEGTABLES) * Herbed Roasted Potatoes * Cantaloupe * Low Fat Milk 1%	<b>20</b> 1st DAY SUMMER ANGUS CHEESEBURGER * Lettuce & Tomato Garnish * Spinach Salad w/Balsamic * Mandarin Orange * Low Fat Milk 1%	<b>21</b> ROASTED WHITE FISH * Roasted Squash & Sweet Potato Medley * Strawberries * Low Fat Milk 1%	WEEK OF JUNE 17 - 21 1) Southwest Chicken Salad 2) Vegetarian Southwest Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice
<b>24</b> EGGS, TURKEY SAUSAGE, & FRENCH TOAST STICKS * Spinach w/Red Bell Pepper * Fresh Banana * Low Fat Milk 1%	<b>25</b> GRILLED SALMON BURGER * Lettuce & Tomato Garnish * Romaine Salad/Raspberry Vin * Cantaloupe * Low Fat Milk 1%	<b>26</b> BEEF FAJITA BOWL * Spanish Rice * Spinach Salad w/Balsamic * Pineapple * Low Fat Milk 1%	<b>27</b> TURKEY MEATLOAF * Mashed Potatoes * Peas & Corn * Orange * Low Fat Milk 1%	<b>28</b> BBQ CHICKEN & BLACK BEAN BURRITO * Romaine Salad w/Balsamic * Mandarin Orange * Low Fat Milk 1%	WEEK OF JUNE 24 - 28 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey & Cheddar Sandwich * All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice
<b>1-Jul</b> SHEPHERD'S PIE * Mashed Potatoes * Baby Carrots * Mandarin Orange * Low Fat Milk 1%	<b>July-2</b> VEGETABLE FRITTATA * Roasted Red Potatoes * Strawberries * Low Fat Milk 1%	<b>3-Jul</b> Cheeseburger * Potato Salad * Romaine Salad * Strawberries & Watermelon * Low Fat Milk 1%	<b>4th of July Lunch</b> <b>Jul-4</b> CENTER CLOSED Happy Independence Day	<b>Jul-5</b> BAKED FISH FILLET * Herbed Brown Rice * Broccoli & Cauliflower * Banana * Low Fat Milk 1%	WEEK OF JULY 1 - 5 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

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.