

## **Live Oak Senior Nutrition & Service Center**

111 Church Street, Los Gatos, Ca.



**Serving Seniors 60+** 



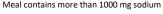
## Place your meal order for the following day(s) or week in person or by calling 408-354-0707 **ORDERS MUST BE PLACE BEFORE 1PM FOR NEXT DAY MEALS**

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



		JUL	NE 2024		THE STATE OF THE S
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	anh
GROCERIES: 12:30am * Supplies limited	GROCERIES: 12:30am * Supplies limited	GROCERIES: 12:30am * Supplies limited	TAI CHI: 10:15-11:15am	GROCERIES: 12:30am * Supplies limited	Summer
	CHAIR YOGA: 10:45am		BINGO: 6/27 @ 12:30pm		1 Ime
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE CHOICES
3	4 🎉	5	6	7	WEEK OF JUNE 3 - 7
CHICKEN RICE BAKE	ROASTED PORK TENDERLOIN	CHICKEN/VEG ALFREDO	TURKEY SLOPPY JOES	BEEF & BROCCOLI	1) Chicken Cesar Salad
* Basmati Rice	* Mashed Sweet Potatoes	* Zucchini & Red Bell Pepper	* Mardi Graw Slaw	* Brown Rice	2) Vegetarian Cesar w/chickpeas 🔕
* Peas & Carrots, Cauliflower	* Steamed Broccoli	* Mandarin Orange	* Orange	* Glazed Carrots, Broccoli	3) Chicken Salad Sandwich
* Cantaloupe	* Banana * Low Fat Milk 1%	* Low Fat Milk 1%	* Low Fat Milk 1%	* Pineapple	* All Include: Fruit of the Day,
* Low Fat Milk 1%	* Low Fat Milk 1%			* Low Fat Milk 1%	1% Low Fat Milk, Orange Juice
10	11	12	13	14 FLAG DAY	WEEK OF JUNE 10 - 14
PASTA WITH MEAT SAUCE	DENVER OMELET	GRILLED SALMON BURGER	ANNIVERSARY CELEBRATION	ROASTED TURKEY	1) Chopped Chicken Greek Salad
* Steamed Broccoli	* Roasted Red Potatoes	* Lettuce & Tomato Garnish	* Lasagne	* Roast Sweet Potatoes	2) Vegetarian Greek Salad
* Apple	* Pineapple	* Romaine Salad/Raspberry Vin	* Salad / Italian Dressing	* Cauliflower	3) Tuna Salad Sandwich
* Low Fat Milk 1%	* Low Fat Milk 1%	* Mandarin Orange	* Garlic Bread	* "Cooks Choice" Fruit	* All Include: Fruit of the Day,
		* Low Fat Milk 1%	* Cake	* Low Fat Milk 1%	1% Low Fat Milk, Orange Juice
17	18	19	20 1st DAY SUMMER	21	WEEK OF JUNE 17 - 21
GRILLED DICED CHICKEN	CHICKEN, BEEF, PORK	VEGGIE BREAKFAST BOWL	ANGUS CHEESEBURGER	ROASTED WHITE FISH	1) Southwest Chicken Salad
* Mashed Potatoes	MEATBALLS w/MARINARA	(EGG, CHEESE, VEGTABLES)	* Lettuce & Tomato Garnish	* Roasted Squash & Sweet	2) Vegetarian Southwest Salad
* Steamed Broccoli	* Sauteed Garlic Spinach	* Herbed Roasted Potatoes	* Spinach Salad w/Balsamic	Potato Medley	3) Egg Salad Sandwich
* Pineapple	* Orange	* Cantaloupe	* Mandarin Orange	* Strawberries	* All Include: Fruit of the Day,
* Low Fat Milk 1%	* Low Fat Milk 1%	* Low Fat Milk 1%	* Low Fat Milk 1%	* Low Fat Milk 1%	1% Low Fat Milk, Orange Juice
24	25	26	27	28	WEEK OF JUNE 24 - 28
EGGS, TURKEY SAUSAGE, &	GRILLED SALMON BURGER	BEEF FAJITA BOWL	TURKEY MEATLOAF	BBQ CHICKEN & BLACK BEAN	1) Asian Chicken Salad
FRENCH TOAST STICKS	* Lettuce & Tomato Garnish	* Spanish Rice	* Mashed Potatoes	BURRITO	2) Vegetarian Asian Salad
* Spinach w/Red Bell Pepper	* Romaine Salad/Raspberry Vin	* Spinach Salad w/Balsamic	* Peas & Corn	* Romaine Salad w/Balsamic	3) Turkey & Cheddar Sandwich
* Fresh Banana	* Cantaloupe	* Pineapple	* Orange	* Mandarin Orange	* All Include: Fruit of the Day,
* Low Fat Milk 1%	* Low Fat Milk 1%	* Low Fat Milk 1%	* Low Fat Milk 1%	* Low Fat Milk 1%	1% Low Fat Milk, Orange Juice
1-Jul 🖉	July-2	3-Jul 4th of July	Jul-4	Jul-5	WEEK OF JULY 1 - 5
SHEPHERD'S PIE	VEGETABLE FRITTATA	Cheeseburger Lunch	CENTER CLOSED	BAKED FISH FILLET	1) Cobb Chicken Salad w/egg
* Mashed Potatoes	* Roasted Red Potatoes	* Potato Salad	Happy Independence Day	* Herbed Brown Rice	2) Vegetarian Cobb Salad w/egg 🕒
* Baby Carrots	* Strawberries	* Romaine Salad	inappy independence day	* Broccoli & Cauliflower	3) Roast Beef Sandwich
* Mandarin Orange	* Low Fat Milk 1%	* Strawberries & Watermelon		* Banana	* All Include: Fruit of the Day,
* Low Fat Milk 1%		* Low Fat Milk 1%		* Low Fat Milk 1%	1% Low Fat Milk, Orange Juice







Menu, serving size, and nutritional values available at the Live Oak Senior Nutrition and Service Center Information table