



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/meal (suggested). Visitors & People less that 60 years old: \$9/meal (required)

AUGUST 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: 8/29 @ 12:30pm	GROCERIES: 12:30am * Supplies limited	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD MENU OPTIONS
29 EGGS, TURKEY SAUSAGE, & FRENCH TOAST STICKS * Spinach w/Red Bell Pepper * Fruit of the day * Low Fat Milk 1%	30 GRILLED SALMON BURGER * Lettuce & Tomato Garnish * Salad/Raspberry Vin * Fruit of the day * Low Fat Milk 1%	31 BEEF FAJITA BOWL * Spanish Rice * Spinach Salad w/Balsamic * Fruit of the day * Low Fat Milk 1%	1 TURKEY MEATLOAF * Mashed Potatoes * Peas & Corn * Fruit of the day * Low Fat Milk 1%	2 BBQ CHICKEN & BLACK BEAN BURRITO * Romaine Salad w/Balsamic * Fruit of the day * Low Fat Milk 1%	JULY 29 - AUGUST 2 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheddar Sandwich * <i>All Include: Fruit of the Day, 1% Low Fat Milk</i>
5 VEGETABLE FRITTATA * Roasted Red Potatoes * Fruit of the day * Low Fat Milk 1%	6 SHEPHERD'S PIE * Mashed Potatoes * Baby Carrots * Fruit of the day * Low Fat Milk 1%	7 TURKEY AND BEAN CHILI * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	8 TERIYAKI CHICKEN W/RICE * Asian Blend Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	9 BAKED FISH FILET * Roasted Sweet Potato * Broccoli and Cauliflower * Fruit of the day * Low Fat Milk 1%	AUGUST 5-9 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * <i>All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice</i>
12 CHICKEN RICE BAKE * Basmati Rice * Steamed Cauliflower * Fruit of the day * Low Fat Milk 1%	13 ROAST PORK TENDERLOIN * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low Fat Milk 1%	14 POTSTICKERS * Brown Rice * Green Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	15 CHICKEN CHEDDAR SANDWICH * Salad /Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	16 TURKEY SLOPPY JOES * Mardi Graw Slaw * Fruit of the day * Low Fat Milk 1%	AUGUST 12-16 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * <i>All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice</i>
19 PASTA WITH MEAT SAUCE * Steamed Broccoli * Fruit of the day * Low Fat Milk 1%	20 DENVER OMELET * Roasted Red Potatoes * Fruit of the day * Low Fat Milk 1%	21 PULLED PORK SANDWICH * Mardi Gras Slaw * Fruit of the day * Low Fat Milk 1%	22 BUTTER CURRY CHICKEN * Salad /Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	23 ROASTED TURKEY * Roast Sweet Potatoes * Cauliflower * Fruit of the day * Low Fat Milk 1%	AUGUST 19 -23 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheddar Sandwich * <i>All Include: Fruit of the Day, 1% Low Fat Milk</i>
26 GRILLED DICED CHICKEN * Mashed Potatoes * Steamed Broccoli * Fruit of the day * Low Fat Milk 1%	27 PASTA & MEATBALLS w/MARINARA * Sauteed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	28 VEGGIE BREAKFAST BOWL (EGG, CHEESE, VEGTABLES) * Herbed Roasted Potatoes * Fruit of the day * Low Fat Milk 1%	29 ANGUS HAMBURGER * Lettuce & Tomato Garnish * Spinach Salad w/Balsamic * Fruit of the day * Low Fat Milk 1%	30 ROASTED WHITE FISH * Roasted Squash & Sweet Potato Medley * Fruit of the day * Low Fat Milk 1%	AUGUST 26 - 30 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * <i>All Include: Fruit of the Day, 1% Low Fat Milk, Orange Juice</i>

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.