





Live Oak Senior Nutrition and Service Center
 111 Church Street, Los Gatos, CA 95030
 (408) 354-0707



Monday	Tuesday	Wednesday	Thursday	Friday
				1 LON Herbed Salmon <i>10:30 Gentle Chair Yoga</i>
4 LON Closed Labor Day	5 LON Baked Fish with Lemon & Dill Sauce <i>Piano Music w/ Tony</i> <i>Free Blood Pressure Check</i>	6 ARC Roast Pork w/ Apple Chutney Sauce <i>9:00 Card Games</i>	7 LON Turkey Meatloaf	8 LON Sweet & Sour Meatballs <i>10:30 Gentle Chair Yoga</i>
11 LON Rosemary Chicken w/ Mushroom Sauce <i>Music by Danny K</i>	12 LON Pork Chop with Lemon Basil Cream Sauce <i>Piano Music w/ Tony</i> <i>Free Blood Pressure Check</i>	13 ARC B.B.Q. Beef Brisket <i>9:00 Card Games</i>	14 LON Chicken Adobo	15 LON Fish Sandwich
18 LON Sweet & Sour Pork <i>10:30 Breathe and Stretch</i> <i>Yoga</i>	19 LON Hawaiian B.B.Q. Chicken Pizza <i>Piano Music w/ Tony</i> <i>Free Blood Pressure Check</i>	20 ARC Baked Tilapia w/ Parmesan <i>9:00 Card Games</i>	21 LON Penne Pasta with Fresh Vegetables	22 LON Chile Lime Chicken <i>10:30 Gentle Chair Yoga</i>
25 LON Baked Fish w/ Ginger Glaze <i>10:30 Breathe and Stretch</i> <i>Yoga</i>	26 LON Hamburger w/ Cheese <i>Piano Music w/ Tony</i> <i>Free Blood Pressure Check</i>	27 ARC Tikka Masala Chicken <i>9:00 Card Games</i> Birthday Celebration!	28 LON Summer Squash Casserole	29 LON Pork Chop w/ Onion Gravy <i>10:30 Gentle Chair Yoga</i>
Week 9/1: Chicken Caesar Salad or Garden Chickpea Salad or Turkey Wrap			Come at 10am to Socialize - Meals are served at 12 Noon	
Week 9/4: Thai Pork Salad or Spinach Salad w/ Feta & Pears or Chicken Salad Sandwich			ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos	
Week 9/11: Greek Chicken Salad or Black Bean Orzo Salad or Tuna on Pita			LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos	
Week 9/18: Roast Pork & Apple Salad or Vegetarian Bean Salad or Turkey Sandwich			\$3.00 Contribution is Recommended for Adults over 60	
Week 9/25: Chef Salad or Orzo & Feta Cheese Salad or Roast Beef on Rye Sandwich			Reservations: 24 Hours in Advance (408) 354-0707	