







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



Monday		Tuesday		Wednesday		Thursday		Friday	
1	LON Closed New Year's Day	2	LON Closed 	3	LON Chicken Scaloppini Lunch at Live Oak! ARC closed today!	4	LON Beef Hamburger w/ Cheese	5	LON Vietnamese Chicken 10:30 Gentle Chair Yoga
8	LON BBQ Chicken Music by Danny K. 10:30 Breathe and Stretch Yoga	9	LON Pork Marsala Piano Music w/ Tony	10	ARC Meatloaf w/ Gravy 9:00 Card Games	11	LON Cheese Enchiladas 	12	LON Unbreaded Baked Fish w/ Tartar Sauce and Lemon Wedge 10:30 Gentle Chair Yoga
15	LON Closed Martin Luther King Jr Day	16	LON Lemon Herbed Chicken Breast Piano Music w/ Tony	17	ARC Ginger Glaze Fish 9:00 Card Games	18	LON Spaghetti w/ Meatballs	19	LON Vegetarian Quiche w/ Spinach & Onions 10:30 Gentle Chair Yoga
22	LON Beef Shepherd's Pie 10:30 Breathe and Stretch Yoga	23	LON Vegetarian Penne Pasta Piano Music w/ Tony	24	ARC Chicken Adobo 9:00 Card Games	25	LON Roast Pork w/ Gravy	26	LON Rotisserie Chicken 10:30 Gentle Chair Yoga
29	LON Vegetarian Chili 10:30 Breathe and Stretch Yoga	30	LON Broiled Tilapia w/ Parmesan Piano Music w/ Tony	31	ARC Beef Stuffed Bell Peppers 9:00 Card Games Birthday Celebration!				

Week 1/1: Pork Santa Fe Salad or Spinach/Walnut/Cranberry/Egg Salad or Roast Beef Sandwich	Come at 10am to Socialize - Meals are served at 12 Noon
Week 1/8: Chicken Pasta Salad or Vegetarian Bean Salad or Turkey Wrap	ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos
Week 1/15: Chinese Chicken Salad or Spinach/Almond/Egg Salad or Tuna Sandwich	LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos
Week 1/22: Thai Chicken/Mango Salad or Black Bean/Orzo Salad or Turkey Sandwich	\$3.00 Contribution is Recommended for Adults over 60
Week 1/29: Turkey Cobb Salad, Cottage Cheese/Fruit Salad or Chicken Salad Sandwich	Reservations: 24 Hours in Advance (408) 354-0707