






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



Salt Icon: Meal contains more than 1000 mg sodium



Monday	Tuesday	Wednesday	Thursday	Friday
 LON Baked Fish w/ Roasted Red Bell Pepper Sauce 10:30 Breathe and Stretch Yoga		1 ARC Chicken Alfredo Pasta 9:00 Card Games	2 LON Beef Shepherd's Pie	3 LON Chicken Adobo 10:00 Scrabble 10:30 Gentle Chair Yoga
6 LON Baked Fish w/ Roasted Red Bell Pepper Sauce 10:30 Breathe and Stretch Yoga	7 LON Pork Char Siu 11:00 Zumba Gold Piano Music w/ Tony	8 ARC Cheese Enchilada Casserole 9:00 Card Games	9 LON Teriyaki Chicken w/ Pineapple 	10 LON Spaghetti & Meatballs 10:00 Scrabble 10:30 Gentle Chair Yoga
13 LON Beef Lasagna Music by Danny K. 10:30 Breathe and Stretch Yoga	14 LON Breaded Fish Taco w/ Mango Salsa 11:00 Zumba Gold Piano Music w/ Tony	15 ARC Crispy Chicken 9:00 Card Games	16 LON Hungarian Beef Goulash	17 LON Pork Chile Verde 10:00 Scrabble 10:30 Gentle Chair Yoga
20 LON Balsamic Glazed Chicken w/ Fresh Peaches 10:30 Breathe and Stretch Yoga	21 LON BBQ Pulled Pork Sandwich 11:00 Zumba Gold Piano Music w/ Tony 	22 ARC Breakfast for Lunch! Turkey Sausage 9:00 Card Games	23 LON Chicken Mole	24 LON Baked Fish w/ Lemon & Garlic Aioli Sauce 10:00 Scrabble 10:30 Gentle Chair Yoga
27 LON Vegetarian Pasta Primavera 10:30 Breathe and Stretch Yoga	28 LON Rosemary Chicken 11:00 Zumba Gold Piano Music w/ Tony	29 ARC Cider Braised Pork Loin w/ Caramelized Onions 9:00 Card Games Birthday Celebration!	30 LON Fish Sandwich	31 LON Greek Chicken Pita 10:00 Scrabble 10:30 Gentle Chair Yoga

Week 8/1: Chicken Farro & Apple Salad or Black Bean & Orzo Salad or Tuna Sandwich	Come at 10am to Socialize - Meals are served at 12 Noon
Week 8/6: Chef Salad or Quinoa Strawberry & Feta Cheese Salad or Curry Apple & Chicken Wrap	ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos
Week 8/13: BBQ Chicken Salad or Spinach Cranberry & Egg Salad or Turkey Wrap	LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos
Week 8/20: Chicken Pasta Salad or Cottage Cheese Salad or Roast Beef Sandwich	\$3.00 Contribution is Recommended for Adults over 60
Week 8/27: Thai Pork & Mango Salad, Orange Beet & Quinoa Salad or Caprese Chicken Sandwich	Reservations: 24 Hours in Advance (408) 354-0707