







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 Closed New Year's Day | 1 LON Closed New Year's Day | 2 LON Oriental Shoyu Chicken | 3 LON Broccoli & Cheddar Quiche | 4 LON Herb Roasted Pork w/ Gravy 10:00 Scrabble 10:30 Gentle Chair Yoga |
| 7 LON Chicken Cacciatore | 8 LON Baked Fish w/ Chimichurri Sauce Piano Music w/ Tony | 9 ARC Asian Braised Pork 9:00 Card Games  | 10 LON Beef Stew | 11 LON Ground Beef & Turkey Meatloaf w/ Gravy 10:00 Scrabble 10:30 Gentle Chair Yoga |
| 14 LON Roasted Pork Loin w/ Apple Berry Sauce Music by Danny K | 15 LON Stir Fry Chicken Piano Music w/ Tony | 16 ARC Beef & Turkey Shepherd's Pie 9:00 Card Games | 17 LON Baked Fish w/ Tartar Sauce & Lemon Wedge | 18 LON Chicken Enchilada Casserole 10:00 Scrabble 10:30 Gentle Chair Yoga |
| 21 LON Beef Tips w/ Orange Sauce 10:30 Zumba Gold | 22 LON Cider Braised Pork w/ Caramelized Onions Piano Music w/ Tony | 23 ARC Fish Baked Florentine 9:00 Card Games | 24 LON Chicken Parmesan | 25 LON Beef & Turkey Salisbury Steak w/ Gravy 10:30 Gentle Chair Yoga 10:00 Scrabble Birthday Celebration! |
| 28 LON Fish Taco w/ Pico de Gallo Sauce 10:30 Zumba Gold | 29 LON Rotisserie Chicken Piano Music w/ Tony | 30 ARC Teriyaki Beef & Turkey Meatballs 9:00 Card Games  | 31 LON Vegetarian Chili |  |
| Week 1/1: BBQ Chicken Salad OR Vegetarian Chick Pea Salad OR Turkey Wrap | | | Come at 10 am to Socialize - Meals are served at 12 Noon | |
| Week 1/7: Turkey & Barley Salad OR Orange, Beet & Quinoa Salad OR Tuna Salad Sandwich | | | ARC= Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos | |
| Week 1/14: Chinese Chicken Salad OR Black Bean Orzo Salad OR Turkey Sandwich | | | LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos | |
| Week 1/21: Chef Salad OR Cottage Cheese Salad OR Chicken Salad Sandwich | | | \$3.00 Contribution is Recommended for Adults over 60 | |
| Week 1/28: Greek Chicken Salad OR Veg. Green Pea Salad OR Roast Beef Sandwich | | | Reservations: 24 Hours in Advance (408) 354-0707 | |