






**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	
1	LON <i>Lemon &amp; Herb Chicken</i> <i>Piano Music w/ Tony</i>	2	LON <i>Balsamic Glazed Pork</i> <i>Piano Music w/ Tony</i>	3	ARC <i>Meat Lasagna</i> <i>9:00 Card Games</i> <i>Piano Music w/ Tony</i>	4	LON <i>Sweet &amp; Sour Pork</i> <i>Piano Music w/ Tony</i> <i>Blood Pressure Check</i>	5	LON <i>Fish Sandwich</i> <i>10:00 Scrabble</i> <i>Piano Music w/ Tony</i> <i>1:00 Laughing Yoga</i>
8	LON <i>Roast Beef with Au Jus</i> <i>Music by Danny K</i>	9	LON <i>Teriyaki Chicken</i> <i>Piano Music w/ Tony</i>	10	ARC <i>Diced Pork &amp; Noodles</i> <i>9:00 Card Games</i> <i>Piano Music w/ Tony</i>	11	LON <i>Beef &amp; Turkey Cabbage</i> <i>Bake</i> <i>Piano Music w/ Tony</i> <i>Blood Pressure Check</i>	12	LON <i>Vegetarian Pasta Primavera</i> <i>10:00 Scrabble</i> <i>1:00 Laughing Yoga</i>
15	LON <i>Chicken Curry</i> <i>Piano Music w/ Tony</i>	16	LON <i>Swedish Meatballs</i> <i>Piano Music w/ Tony</i>	17	ARC <i>Honey Mustard Chicken</i> <i>9:00 Card Games</i> <i>Piano Music w/ Tony</i> 	18	LON <i>Roast Pork with Gravy</i> <i>Blood Pressure Check</i> <i>Piano Music w/ Tony</i>	19	LON <i>Baked Fish with Roasted Red Bell Pepper Sauce</i> <i>10:00 Scrabble</i> <i>Easter Celebration</i> <i>1:00 Laughing Yoga</i>
22	LON <i>Pork Fried Rice</i> <i>Piano Music w/ Tony</i>	23	LON <i>Mediterranean Style Chicken</i> <i>Piano Music w/ Tony</i>	24	ARC <i>Spaghetti &amp; Meatballs</i> <i>9:00 Card Games</i> <i>Piano Music w/ Tony</i>	25	LON <i>Baked Fish with Dill Sauce</i> <i>Piano Music w/ Tony</i> <i>Blood Pressure Check</i>	26	LON <i>Cheese Enchilada</i> <i>10:00 Scrabble</i> <i>1:00 Laughing Yoga</i> <i>Birthday Celebration!</i>
29	LON <i>BBQ Chicken</i> <i>Piano Music w/ Tony</i> 	30	LON <i>Beef and Turkey Meatloaf</i> <i>Piano Music w/ Tony</i>						

<i>Week 4/1: Chicken Barley Spring Salad OR Green Pea Salad OR Turkey Sandwich</i>	<i>Come at 10 am to Socialize - Meals are served at 12 Noon</i>
<i>Week 4/8: Chicken Santa Fe Salad OR Black Bean Orzo Salad OR Greek Chicken Pita</i>	<i>ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos</i>
<i>Week 4/15: Chinese Chicken Salad OR Vegetarian Bean Salad OR Turkey Wrap</i>	<i>LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos</i>
<i>Week 4/22: Chicken Caesar Salad OR Italian Chopped Salad OR Roast Beef Sandwich</i>	<i>\$3.00 Contribution is Recommended for Adults over 60</i>
<i>Week 4/29: Hawaiian Pork Salad OR Spinach, Almond &amp; Egg Salad OR BBQ Chicken Sandwich</i>	<i>Reservations: 24 Hours in Advance (408) 354-0707</i>