



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 Baked Fish w/ Roasted Red Bell Pepper Sauce 10:00 Scrabble 10:30 Gentle Chair Yoga
4 LON Cold Sandwiches or Salad	5 LON Cold Sandwiches or Salad Piano Music w/ Tony	6 ARC Spaghetti & Meatballs 9:00 Card Games	7 LON Baked Fish with Dill Sauce Blood Pressure Check	8 LON Cheese Enchilada 10:00 Scrabble 10:30 Gentle Chair Yoga
11 LON BBQ Chicken Music by Danny K	12 LON Beef and Turkey Meatloaf Piano Music w/ Tony	13 ARC Fish w/ Soy Sauce, Ginger and Scallions 9:00 Card Games	14 LON Chicken with Paprika Cream Sauce Blood Pressure Check	15 LON Corned Beef 10:00 Scrabble 10:30 Gentle Chair Yoga St Patrick's Day Celebration
18 LON Beef and Turkey Shepherd's Pie	19 LON Roast Pork with Apple Berry Sauce Piano Music w/ Tony	20 ARC Chicken Chop Suey 9:00 Card Games	21 LON Beef Chile Colorado Blood Pressure Check	22 LON Italian Fish 10:00 Scrabble 10:30 Gentle Chair Yoga
25 LON Beef Burgundy	26 LON Chicken Pastina Piano Music w/ Tony	27 ARC BBQ Pulled Pork Sandwich 9:00 Card Games 	28 LON Oriental Shoyu Chicken Blood Pressure Check	29 LON Broccoli & Cheese Frittata 10:00 Scrabble 10:30 Gentle Chair Yoga Birthday Celebration!

Week 3/1: Chinese Chicken Salad OR Vegetarian Bean Salad OR Tuna Melt

Come at 10 am to Socialize - Meals are served at 12 Noon

Week 3/4: Chicken Caesar Salad OR Italian Chopped Salad OR Roast Beef Sandwich

ARC = Los Gatos Adult Recreation Center, 208 E. Main St., Los Gatos

Week 3/11: Waldorf Turkey Salad OR Spinach, Almond & Egg Salad OR BBQ Chicken Sandwich

LON = Live Oak Senior Nutrition Ctr., 111 Church St., Los Gatos

Week 3/18: Hawaiian Pork Salad OR Cottage Cheese & Fruit Salad OR Turkey Wrap

\$3.00 Contribution is Recommended for Adults over 60

Week 3/25: Chicken Pasta Salad OR Orange, Beet & Quinoa Salad OR Tuna Sandwich

Reservations: 24 Hours in Advance (408) 354-0707