



October Lunch Menu



2 BBQ Chicken Whole Wheat Roll California Blend Vegetables Fresh Potato Salad Fresh Fruit	3 Pork Marsala & Pasta Roasted Root Soup Italian Blend Vegetables Spinach and Cranberry Salad Citrus Fruit Cup	4 Meatloaf w/Whipped Potatoes & Gravy Chuckwagon Corn Whole Grain Rye Bread Fresh Orange	5 Cheese Enchiladas Spanish Rice Fresh Pinto Beans Garden Salad Cantaloupe	6 Baked Fish Wild Rice Fresh Dilled Carrots Confetti Slaw Banana
9 Stir Fry Pork w/Broccoli Seasoned Brown Rice Fresh Herbed Carrots Fresh Fruit	10 Lemon Herbed Chicken Breast Whole Grain Bread Baked Sweet Potatoes Tossed Green Salad Fresh Fruit	11 Ginger Glaze Fish Steamed White Rice Capri Blend Vegetables Coleslaw Banana	12 Spaghetti w/Meatballs Italian Vegetables Caesar Salad Fresh Orange	13 Spinach & Onion Quiche Tuscan Bean Soup Roasted Red Potatoes Whole Wheat Roll Mandarins
16 Beef Shepherd's Pie Cornbread Fresh Garden Salad Cantaloupe	17 Vegetarian Penne Pasta with Whole Wheat Penne California Blend Vegetables Pineapple	18 Chicken Adobo Asian Vegetable Soup Rice Noodles Asian Blend Vegetables Lettuce & Carrot Salad Banana	19 Roast Pork Loin Caribbean Blend Vegetables Baked Sweet Potatoes Whole Grain Bread Fresh Fruit	20 Rotisserie Chicken Baked Potato Fresh Herbed Zucchini Whole Wheat Roll Fresh Orange
23 Vegetarian Chile With Beans, Onions, Peppers Cornbread Broccoli Spears Fresh Fruit	24 Broiled Tilapia With Parmesan Brown Rice Pilaf California Blend Vegetables Garlic & Onion Spinach Fresh Fruit	25 Beef Stuffed Bell Peppers Italian Blend Vegetables Green Salad Whole Grain Rye Bread Fresh Fruit	26 Korean Crispy Chicken Miso Soup Steamed Rice Broccoli Spears Romaine & Carrot Salad Fresh Fruit	27 Cider Braised Pork with Caramelized Onions Fresh Glazed Carrots Roasted Brussels Sprouts Whole Wheat Roll Tropical Fruit Cup
30 Orange Glazed Chicken Steamed Rice Peas & Carrots Asian Slaw Fresh Fruit	31 Beef & Butternut Squash Stew w/Onions & Carrots Cornbread Garlic Green Beans Fresh Orange Apple Crisp			

****ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY****

October 2017

Live Oak Adult Day Services

111 Church St., Room 7, Los Gatos



Monthly

Family Caregiver Support Group Launches

Join us the first Wednesday of each month starting October 4th from 3:30 to 4:30 PM. Everyone caring for a frail elder at home or is primary decision maker for a loved one assumes a heavy burden. Together, we will explore your common concerns, share helpful resources, and learn from local experts. **Our group is free and open to the community.** Please do not hesitate to invite other family members or a friend to attend with you.

If you have any questions about Live Oak Los Gatos' new support group, or any of our other services, please call Kim Hughes, 408-354-4782.