

November Lunch Menu

		1 Roast Pork w/Gravy Herbed Carrots Diced Baked Potatoes Whole Wheat Roll Oranges	2 Breaded Baked Fish w/Lemon & Tartar Sauce Brown Rice Pilaf Caribbean Vegetables Fresh Romaine, Iceberg, and Carrot Salad Tropical Fruit Gelatin	3 Coriander Chicken Roasted Cauliflower Soup California Vegetables Roasted Red Potatoes Whole Grain Bread Fresh Seasonal Fruit
		6 Turkey a la King With Whole Wheat Pasta Malibu Vegetables Caesar Salad Oranges	7 Szechuan Pork With Bell Peppers & Onions Asian Brown Rice Diced Carrots Fresh Seasonal Fruit	8 Spinach Lasagna Tomato Basil Soup Caribbean Vegetables Fresh Garden Salad With Carrots Banana
13 Roast Pork w/Apples French Onion Soup Spinach & Onions Fresh Broccoli & Cauli- flower Florets Whole Grain Bread Fresh Seasonal Fruit	14 Beef Enchilada Spanish Rice Fiesta Vegetables Fresh Carrot and Pineapple Salad Apple	15 Chicken Scaloppini Whole Wheat Pasta Herbed Carrots Broccoli Spears Fresh Seasonal Fruit	16 Beef Cheeseburger On Whole Wheat Bun Baked Potato Wedges Fresh Garden Salad Tropical Fruit	17 Vietnamese Chicken Vermicelli Noodles Stir Fry Green Beans Daikon Radish & Carrot Salad Oranges
20 BBQ Chicken Whole Wheat Roll California Vegetables Fresh Potato Salad Fresh Seasonal Fruit	21 Pork Marsala Pasta Roasted Root Soup Italian Vegetables Fresh Spinach Salad With Cranberries Citrus Fruit Cup	22 Roasted Turkey w/Gravy Cranberry Sauce Stuffing Green Bean Casserole Fresh Glazed Carrots Orange Pumpkin Pie 	23-24 <i>Happy Thanksgiving</i> Live Oak Adult Day Services Will Be Closed November 23—24	
27 Stir Fry Pork w/Broccoli Seasoned Brown Rice Herbed Carrots Fresh Seasonal Fruit	28 Lemon Herbed Chicken Breast Fresh Baked Sweet Potatoes Tossed Green Salad Whole Grain Bread Fresh Seasonal Fruit	29 Ginger Glaze Fish Steamed White Rice Capri Vegetables Fresh Coleslaw Banana	30 Spaghetti & Meatballs Italian Vegetables Fresh Caesar Salad Orange	

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

November 2017

Live Oak Adult Day Services

111 Church St., Room 7, Los Gatos



Thank Friend of Live Oak Adult Day Services

You For Being a

There is so much to celebrate this month: Brighter mornings, Veterans Day, Thanksgiving, and several new participants! Roxie, Sharon, and I are especially happy to introduce our new Assistant Program Director, Celeste Brown. Celeste brings her creative, inviting talents to our center, so watch for her artistic “touch” in the coming weeks!

November’s thoughtful theme is our appreciation for loved ones and traditions, honoring those who’ve served our country, and our natural, bountiful harvest. We also look forward to marvelous music, an enriched arts & crafts program, yoga, and a journey via “armchair travel” to Egypt.

Live Oak Los Gatos is honored to serve residents and family caregivers of Los Gatos and surrounding communities, and we are very excited to keep growing! If you have any questions about Live Oak Los Gatos, please call Kim Hughes or Celeste Brown at 408-354-4782.