



# December Lunch Menu



|   |  |  |   |   |
|---|--|--|---|---|
|   |  |  |   |   |
| 1   |  |  |   |   |
| Spinach & Onion Quiche<br>Tuscan Bean Soup<br>Roasted Red Potatoes<br>Whole Wheat Roll<br>Mandarins |  |  |   |   |
| 4   | 5  | 6  | 7   | 8   |
| Beef Shepherd's Pie<br>Cornbread<br>Fresh Garden Salad<br>Cantaloupe                                | Vegetarian Penne Pasta<br>with Whole Wheat Penne<br>California Blend<br>Vegetables<br>Pineapple                  | Chicken Adobo<br>Asian Vegetable Soup<br>Rice Noodles<br>Asian Blend Vegetables<br>Lettuce & Carrot Salad<br>Banana  | Roast Pork Loin<br>Caribbean Blend<br>Vegetables<br>Baked Sweet Potatoes<br>Whole Grain Bread<br>Fresh Fruit        | Rotisserie Chicken<br>Baked Potato<br>Fresh Herbed Zucchini<br>Whole Wheat Roll<br>Fresh Orange   |
| 11  | 12   | 13   | 14  | 15  |
| Vegetarian Chile With<br>Beans, Onions, Peppers<br>Cornbread<br>Broccoli Spears<br>Fresh Fruit      | Broiled Tilapia With<br>Parmesan<br>Brown Rice Pilaf<br>California Blend<br>Vegetables<br>Garlic & Onion Spinach | Beef Stuffed Bell<br>Peppers<br>Italian Blend<br>Vegetables<br>Green Salad<br>Whole Grain Rye Bread                  | Korean Crispy Chicken<br>Miso Soup<br>Steamed Rice<br>Broccoli Spears<br>Romaine & Carrot Salad<br>Fresh Fruit      | Cider Braised Pork with<br>Caramelized Onions<br>Fresh Glazed Carrots<br>Roasted Brussels<br>Sprouts<br>Whole Wheat Roll                      |
| 18  | 19   | 20   | 21  | 22  |
| Orange Glazed Chicken<br>Steamed Rice<br>Peas & Carrots<br>Asian Slaw<br>Fresh Fruit                | Beef Stew w/Carrots,<br>Potatoes & Celery<br>Cornbread<br>Spinach, Romaine Salad<br>Fresh Banana                 | Roast Pork w/Gravy<br>Fresh Herbed Carrots<br>Fresh Diced Oven Baked<br>Potatoes<br>Whole Wheat Roll<br>Fresh Orange | Rib Roast<br>Fresh Baked Potato<br>Creamed Spinach<br>Warm Dinner Roll<br>Fresh Orange<br>Christmas Cookie          | Coriander Chicken<br>Roasted Cauliflower<br>Soup<br>California Vegetables<br>Roasted Red Potatoes<br>Whole Grain Roll<br>Fresh Seasonal Fruit |
| 25—26   |  | 27   | 28  | 29  |
| <p>Closed for Christmas Holiday</p>   |  | Spinach Lasagna<br>Tomato Basil Soup<br>Caribbean Vegetables<br>Garden Salad w/Carrots<br>Fresh Banana               | Stuffed Chicken Breast<br>w/Parmesan Spinach<br>Roasted Broccoli<br>Whole Grain Roll<br>Fresh Orange<br>Carrot Cake | Roast Beef<br>Mashed Potatoes<br>Broccoli Spears<br>Whole Wheat Roll<br>Fresh Seasonal Fruit  |

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

December 2017

## Live Oak Adult Day Services

111 Church St., Room 7, Los Gatos



Happy

Holidays

from Live Oak Los Gatos

December is usually a very busy time for most families. Many caregivers are planning to attend or host a large traditional meal with family or friends. Some are shopping and packing for an out of town trip, while other caregivers are exhausted and struggling through this season, hoping for an uneventful but pleasant time at home.

However your family expects to spend the holidays, remember to take time for yourself. At this month's **Caregiver Support Group**, December 6th at 3:30, we will discuss tips to maximize everyone's enjoyment — not just *surviving* the "big day!"

If one of your New Year Resolutions is taking better care of yourself, here's a little help from the **Dental Society of Santa Clara County**. In late January, some of their dentists will provide **free dental care for our clients and their families** right here at Live Oak Los Gatos! We will let you know as soon as the date is set.

**Families, friends, and clients who normally do not attend Thursdays, are encouraged to join us for the Holiday Party on December 21st. Please RSVP to Kim by Tuesday, December 19th.** Until then, have a marvelous month!