



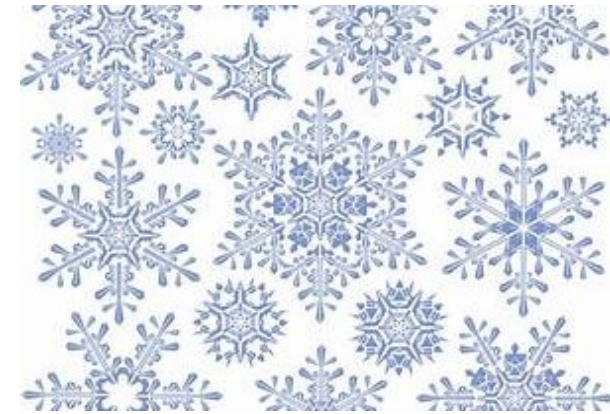
# January Lunch Menu



1 <b>Happy New Year! 2018</b>	2 <b>Closed for New Year's Holiday</b>	3 Chicken Scaloppini Whole Wheat Pasta Herbed Carrots Broccoli Spears Fresh Fruit	4 Beef Cheeseburger On Whole Wheat Bun Baked Potato Wedges Fresh Garden Salad Tropical Fruit	5 Vietnamese Chicken Vermicelli Noodles Stir Fry Green Beans Daikon Radish & Carrot Salad Fresh Fruit
8 BBQ Chicken California Blend Vegetables Fresh Potato Salad Fresh Fruit	9 Pork Marsala Pasta Roasted Root Soup Italian Vegetables Fresh Spinach Salad With Cranberries Citrus Fruit Cup	10 Meatloaf w/Gravy Chuckwagon Corn Whipped Potatoes Whole Grain Rye Bread Fresh Fruit	11 Cheese Enchiladas Spanish rice Fresh Cooked Pinto Beans Fresh Garden Salad Fresh Cantaloupe	12 Unbreaded Baked Fish w/Tarter Sauce & Lemon Wild Rice Pilaf Fresh Dilled Carrots Fresh Confetti Slaw Fresh Banana
15 <b>Closed for Martin Luther King, Jr. Day</b>	16 Lemon Herbed Chicken Fresh Baked Sweet Potatoes Tossed Green Salad Whole Grain Bread Fresh Seasonal Fruit	17 Ginger Glaze Fish Steamed White Rice Capri Vegetables Fresh Coleslaw Fresh Banana	18 Spaghetti & Meatballs Italian Vegetables Fresh Caesar Salad Orange	19 Vegetarian Quiche w/Spinach & Onions Tuscan Bean Soup Roasted Red Potatoes Whole Wheat Roll Mandarins
22 Beef Shepherd's Pie Cornbread Fresh Garden Salad Fresh Fruit	23 Vegetarian Penne Pasta with Whole Wheat Penne California Blend Vegetables Pineapple Chunks	24 Chicken Adobo Asian Vegetable Soup Rice Noodles Asian Blend Vegetables Lettuce & Carrot Salad Fresh Banana	25 Roast Pork Loin Caribbean Blend Vegetables Baked Sweet Potatoes Whole Grain Bread Fresh Fruit	26 Rotisserie Chicken Baked Potato Fresh Herbed Zucchini Whole Wheat Roll Fresh Fruit
29 Vegetarian Chile With Beans, Onions, Peppers Cornbread Broccoli Spears Fresh Fruit	30 Broiled Parmesan Tilapia Brown Rice Pilaf California Blend Vegetables Garlic & Onion Spinach Fresh Fruit	31 Beef Stuffed Bell Peppers Italian Vegetables Green Salad Whole Grain Rye Bread Fresh Fruit		

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

## January 2018 Live Oak Adult Day Services 111 Church St., Room 7, Los Gatos



### Happy New Year from Live Oak Los Gatos

January has arrived! One more year has passed as we look forward to what this new season can bring. This is a wonderful time for reflection, new plans and commitments. Caregivers along with their loved ones are reminiscing about joyous times in the past and thinking about how life shifts us through roles and changes. Live Oak wants to remind all of you to care for yourselves and be present. We are blessed to be part of a community that allows us to care for and fortify ourselves and our loved ones.

Due to the holidays, this month's **Caregiver Support Group** will be held on **January 10th at 3:30**. We will discuss life balance in caregiving — how to care for ourselves while caring for others. Remember that participants do NOT need to be Live Oak clients! Feel free to invite a loved one to our meeting and, as always, staff members will be here to care for clients.

**We have a great month planned for January!** Look forward to a free dental visit, nutrition education and cooking, art therapy with watercolors, giving back to our community, and always music and movement daily.

**January 15th is MLK Day and we will be closed.**

We are also encouraging and reaching out to our community to consider small donations for our nutrition program. Please ask for details if you can contribute. **Welcome to 2018!!!!**