

MARCH 2020 - Lunch Menu (Los Gatos)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Shepherd's Pie W.W. Roll Garden Salad Fruit	3 Lemon Chicken Black Bean & Kale soup Vegetables Carrot Slaw Fruit	4 Turkey Ragout Stew W.W. Noodles Garden Salad Fruit	5 Fish w/ Dill Sauce Wild Rice Vegetables Coleslaw Fruit	6 Sesame Ginger Pork Spaghetti Noodles Glazed Carrots Fruit
9 Chicken Teriyaki Brown Rice Vegetable Blend Sugar Snap Peas Fruit	10 Vegetarian Bean Chili Cornbread Vegetables Garden Salad Fruit	11 Baked Fish Sandwich Sweet Potatoes Coleslaw Fruit	12 Roast Pork w/ gravy Diced Carrots Broccoli Florets Applesauce	13 Swedish Meatballs W.W. Pasta Green Beans Garden Salad Fruit
16 Southwest Omelet Bake Potato Chowder W.W. Biscuit Green Beans Golden Corn Fruit	17 Cabbage Roll Casserole W.W. Roll Vegetables Fruit Choc. Mint Bar	18 Sweet & Sour Pork Brown Rice Cauliflower Garden Salad Fruit	19 Italian Fish Organic Quinoa Spinach & Onions Three Bean Salad Fruit	20 Chicken & Rice Chile Relleno casserole Brown Rice Corn Fiesta Slaw Fruit
23 Parmesan Crusted Fish Sweet Potatoes Broccoli Florets Fruit	24 Turkey Pastina casserole Vegetables Garden Salad Fruit	25 Chicken Fajita Peppers/Onions Pinto Beans Fruit	26 Pork Fried Rice Asian Vegetable Soup Broccoli & Cauliflower Blend Asian Slaw Fruit	27 Pot Roast w/ gravy W.W. Roll Diced Carrots Whipped Potato Fruit
30 Roast Beef Sandwich Pineapple Slaw Fruit and orange juice	31 Philly Cheesesteak Stuffed Pepper Garden Salad Fruit			

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Happy 
St. Patrick's Day



LIVE OAK provides a specialized program of adult day care. Our dedicated staff offers compassionate care and a loving and safe environment, along with stimulating activities. Additionally the program provides caregivers with support and respite.

All persons aged 60 or over are eligible and welcome to attend!

All meals include milk and wholegrain or enriched bread.
All meals are low salt, low fat and contain no added sugar.