




O'Connor Senior Center May 2017

Sun	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat
	1 Chicken casserole Glazed carrots Peas/Multigrain roll Peaches	2 Burrito Cowboy beans Creamed spinach Fritos/Fruit juice	3 Italian chicken parmesan Ratatouille Creamed corn Multigrain roll/Fruit cup	4 Pinto beans w/ ham Mixed greens Macaroni and tomatoes Cornbread/Fresh fruit	5 Tuna salad on bed of lettuce Italian tomato salad Crackers Pears w/blueberries	6
7	8 Spanish rice Mexican corn Spinach Corn chips Fresh fruit of day	9 Seasoned chicken California blend Parsley potatoes Multigrain roll/Fruit juice	10 Hot dog w/ chili Baked beans Mixed vegetables Coleslaw	11 Salmon patty w/ tartar sauce Roasted potatoes Green beans/ Home style roll Fruit cup	12 Happy Mother's Day! Chicken pasta primavera Peas and pearls Lemon blueberry custard Garlic knot	13
14	15 Chopped sirloin steak Peas/Whipped potatoes Multigrain roll Fruit juice	16 BBQ pork riblet Green beans Ranch potatoes Bun/Fresh fruit	17 Creamy macaroni and cheese Brussel sprouts Stewed tomatoes Multigrain roll/Applesauce	18 Fish patty on bun (Tartar sauce) Hoppin john Scalloped potatoes Peaches	19 Ham turkey, and egg chef salad w/ cucumbers and tomatoes Ambrosia Crackers	20
21	22 Pasta marinara with meat sauce Corn Broccoli Garlic knot Applesauce	23 Country sausage egg biscuit Seasoned potatoes Baked apples Low Sodium V8	24 Home style meatloaf Green peas Whipped potatoes Onion roll/Fruit juice	25 Chicken stew Green beans Multigrain roll Baked pears	26 Hamburger w/ lettuce and pickle Vegetable baked beans Bun/Potato salad Apple crisp	27
28	29  Center Closed	30 Ranch chicken Green beans Carrots Wheat roll/Applesauce	31 White beans and ham Spinach Stewed tomatoes Cornbread/Peaches			

PLEASE NOTE: MEAL SERVICE BEGINS AT 11:00 AM AND CONTINUES UNTIL ALL THE FOOD IS GONE, OR UNTIL 12:30 PM, WHICHEVER COMES FIRST.