

O'Connor Senior Center

May 2019

Sun	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat
			1 Hot dog w/ chili on bun Cheddar potatoes Mixed vegetables Coleslaw	2 Pinto beans and ham Vegetable Medley Stewed tomatoes Cornbread/Peaches	3 Fiesta chicken over salad greens with ranch drsg. Black bean and corn salad Wheat crackers/Fruit salad	4
5	6 Roast beef w/ gravy Peas/Whipped potatoes Multigrain roll Cinnamon applesauce	7 Chicken patty Green beans Ranch potatoes Wheat roll/Fresh fruit	8 Creamy macaroni and cheese Brussel sprouts Stewed tomatoes Multigrain roll/Fruit juice	9 BBQ riblet on bun Baked beans Mixed vegetables Pears w/ blueberries	10 Happy Mother's Day Chicken Florentine Scalloped potatoes California blend Onion Roll/Fruit cup w/ cake	11
12	13 Burrito Cowboy beans Creamed spinach Corn chips/Fresh fruit	14 Fish patty on bun (Tartar sauce) Hoppin john Parmesan potatoes Applesauce	15 Cheese ravioli w/ meat sauce Corn/Broccoli Garlic knot/Fruit juice	16 Pineapple glazed ham Cheddar potatoes Seasoned green beans Wheat roll / Fruit cup	17 Chicken salad with tomato wedge Beet salad Fruit cup Wheat thin crackers	18
19	20 Chicken casserole Glazed carrots Peas Multigrain roll /Pineapple cup	21 Sausage w/ peppers and onions Red beans and rice Mixed greens Multigrain roll/Fruit cup	22 Home style meatloaf Green beans Whipped potatoes Onion roll/Fruit juice	23 Apple glazed pork Sweet potatoes California blend Multigrain roll	24 Hamburger on bun w/ lettuce and pickle Vegetable baked beans Potato salad/Apple crisp	25
26	27 Holiday  Memorial Day	28 Chicken stir fry w/ vegetables Broccoli Pineapple cherry crisp Multigrain roll	29 Pancakes w/sausage Seasoned potatoes Maple apples V-8 juice	30 Spanish rice Mexican corn Creamed spinach Corn chips/Fresh fruit of day	31 Tuna salad on bed of lettuce Italian tomato salad Wheat bun Pears w/cherries	

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. MENU SUBJECT TO CHANGE.