




O'CONNOR CENTER JANUARY 2023

Sun.	Mon.	Tues.	Wed.	Thurs.	Fr	Sat.
	2	3	4	5	6	7
	<i>Happy New Year</i>	Bacon Burger Green Beans Seasoned Potatoes Fruit Juice Bun	Chicken Parmesan Steamed Peas Sweet Carrots Fresh Fruit Soft Roll	Meatball Sub Broccoli Potato Casserole Fruit Cup Hotdog Bun	Ranch Chicken Pasta w/Vegetables Italian Tomatoes Salad Pears and Blueberries Wheat Roll	
8	9	10	11	12	13	14
	Beef Patty w/Mushroom & Onion, Gravy Mashed Potatoes Green Beans Pineapple Cherry Crisp Roll	Chicken Casserole Squash, Peppers, Zucchini Peas Fruit Juice Wheat Roll	Cheese Omelet/Sausage Breakfast Potatoes Maple Apples Pancake V8 Juice	Homemade Chili Broccoli Corn Fresh Fruit Corn Chips	Salmon w/Sour Cream Dill Sauce Mixed Vegetables Black eyed Peas Fruit Cup Wheat Roll	
15	16	17	18	19	20	21
	<i>Martin Luther King Jr Day</i>	Meatloaf Mashed Potatoes Green Peas Fruit Juice Wheat Roll	Chicken Stew Corn Baked Apples Roll	Beef and Macaroni Broccoli w/Cheese Sauce Apple Blueberry Crisp Multigrain Roll	Chicken Stir Fry Sesame Green Beans Baked Pineapple Onion Roll	
22	23	24	25	26	27	28
	Cranberry Apple Chicken Peas and Carrots Creamed Corn Multigrain Roll	BBQ Riblet Baked Beans California Blend Fruit Juice Wheat Roll	Fish w/ Tartar Sauce Cheddar Potatoes Green Beans Applesauce Multigrain Roll	Pinto Beans and Ham Turnip Greens Macaroni and Tomatoes Fresh Fruit Cornbread	Ravioli w/Meat Sauce Squash, Peppers, Green Beans Corn Fruit Cup Garlic Roll	
29	30	31				
	Sausage w/Onions and Peppers Red Beans and Rice Spiced Peaches Hotdog Bun	Beef Taco Casserole Corn Broccoli Fruit Juice Corn Chips				

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

***Diabetic desert**

Please use attached envelope for your monthly meal contribution.

INSTRUCTIONS FOR MICROWAVE

Cut holes in plastic and keep meal covered.

Heat for 1-2 minutes, stir, and turn meal.

Heat for 1 more minute if meal is still cold.

If you receive your meal cold, follow same process, but heat 3-5 minutes with an additional minute if still cold.

REMEMBER to call MOBILE MEALS if you will not be home for your meal, preferably the day before, Office Phone Number is (865) 524-2786