




O'CONNOR CENTER OCTOBER 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fr	Sat.
3		4	5	6	7	8
Beef and Bean Burrito Chili Beans Mexican Corn Fruit Juice		Salmon w/Sour Cream Dill Sauce Peas and Carrots Creamed Potatoes Fresh Fruit Wheat Roll	Pinto Beans and Ham Turnip Greens Macaroni and Tomatoes Applesauce Cornbread	Meatball Sub Broccoli Potato Casserole Fruit Cup Hotdog Bun	Italian Chicken Salad over Lettuce Marinated Vegetable Salad Fruit Yogurt Crackers	
9	10	11	12	13	14	15
	Pulled Pork Baked Beans Cheddar Potatoes Applesauce Bun	Chicken and Rice Casserole w/Broccoli Squash, Peppers, Zucchini Creamed Corn Fruit Juice Wheat Roll	Beef Patty w/Mushroom & Onion Gravy Mashed Potatoes Green Beans Pineapple Cherry Crisp Roll	Spanish Rice Green Beans Corn Fresh Fruit Corn Chips	Ranch Chicken Pasta w/Vegetables Italian Tomato Salad Pears and Blueberries Crackers	
16	17	18	19	20	21	22
	Chicken Stir Fry Sesame Broccoli Baked Pineapple Onion Roll	Bacon Burger Green Beans Seasoned Potatoes Fruit Juice Bun	Chicken Parmesan Corn Baked Apples Roll	Meatloaf Mashed Potatoes Green Peas Fresh Fruit Wheat Roll	Chef Salad w/Ham & Turkey Cucumber and Tomato Salad Peaches Crackers	
23	24	25	26	27	28	29
	Chicken Florentine Peas and Carrots Fruit Compote Multigrain Roll	BBQ Riblet Baked Beans Squash, Cauliflower, Peppers Fruit Juice Roll	Beef and Macaroni Broccoli w/Cheese Sauce Apple Blueberry Crisp Multigrain Roll	Sausage w/Onions and Peppers Red Beans and Rice Spiced Peaches Hotdog Bun	Tuna Salad w/Tomato Half Beet Kale Salad Pineapple, Oranges, Cherries Whole Wheat Crackers	
30	31					
	Ravioli w/Meat Sauce Squash, Peppers, Green Beans Corn Fresh Fruit Garlic Roll					

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