





O'Connor Senior Center

July 2025

Mon.	Tues.	Wed.	Thurs.	Fri.
	1	2	3	4
	Hot Dog w/ Chili Green Beans Coleslaw Apple Crisp Bun	Pineapple teriyaki Pork w/rice & Carrots Peas Squash Casserole Roll	Grilled Chicken Broccoli Roasted Corn Fresh Fruit Roll	*Holiday! No Meals Served* 
7	8	9	10	11
Pancake w/ sausage & eggs Breakfast Potatoes Baked Apples Fruit juice	Meatballs w/ Mushroom Gravy Mashed Potatoes Asparagus Peaches Garlic Knot	Jambalaya w/ chicken and sausage Butternut Squash Corn Applesauce Roll	White Beans and Ham Sweet Potatoes California Blend Fresh Fruit Biscuit	Greek Pasta Salad with Chicken Italian tomato salad Fresh watermelon Roll
14	15	16	17	18
Spanish rice (Beef) Carrots Broccoli Fruit Cup Garlic Knot	Fish w/ Tartar Sauce Spinach Succotash Fruit Juice Roll	Sausage w/ onions and peppers Red Beans and Rice Baked Pears Hot dog bun	Meatloaf Scalloped Potatoes Peas Fresh Fruit Roll	Chicken Caesar Salad Three Bean Salad Peaches Crackers
21	22	23	24	25
Pizza Burger Seasoned Potatoes Mixed Vegetables Fruit Juice Bun	BBQ Riblet Squash Maple Baked Beans Pears w/ Blueberries Bun	Chicken Casserole Peas & Carrots Baked Peaches Biscuit	Salmon Patty w/ Tartar Sauce Lima Beans Broccoli Fresh Fruit Roll	Chef Salad with Ham, Egg, and Cheese Cucumber Tomato Salad Tropical Fruit Crackers
28	29	30	31	
Salisbury Steak, w/ mushrooms, peppers and onions Asparagus Peach Crisp Roll	Red Beans & Rice w/ Sausage w/ Cornbread Brussel Sprouts Pear & Blueberry Crisp	Chicken Parmesan Green beans Beet, Carrot, & Broccoli Salad Baked Pineapple	Beef Burrito Mexican Corn Broccoli Fruit Juice Corn Chips	

Dine-a-mite Diner, Lunch 11:00 AM – 1:00 PM

Meals includes a carton of 1% Milk