




O'CONNOR SENIOR CENTER AUGUST 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fr	Sat.
	1	2	3	4	5	6
	BBQ Chicken Carrots, Broccoli, Cauliflower Corn Fruit Cup/ Onion Roll	Chili Dog Baked Beans Cheddar Potatoes Fresh Fruit/Hotdog Bun	Pancake and Sausage Breakfast Potatoes Maple Apples Low Sodium V8 juice	Beef and Macaroni Broccoli w/ Cheese Sauce Apple Blueberry Crisp Multigrain Roll	Italian Chicken Salad over Lettuce Italian Green Bean Salad Fruit w/ Yogurt Dressing Crackers	
7	8	9	10	11	12	13
	Beef Patty w/Mushroom & Onion Gravy Mashed Potatoes Green Beans Pineapple Cherry Crisp/Roll	Chicken Parmesan Broccoli Baked Apples Roll	Pulled Pork Baked Beans Corn, Peas, Carrots Fresh Fruit Bun	Meatball Sub Broccoli Potato Casserole Applesauce Hot Dog Bun	Ranch Chicken Pasta/Veggies Italian Tomato Salad Pears/Blueberries Crackers	
14	15	16	17	18	19	20
	Chicken Stir Fry Sesame Broccoli Baked Pineapple Onion Roll	Bacon Burger Green Beans Seasoned Potatoes Fruit Juice/Bun	Taco Chicken Melt Mexican Corn Carrots Broccoli Cauliflower Fresh Fruit/Corn Chips	Meatloaf Mashed Potatoes Green Peas Fruit Cup/ Roll	Tuna Salad W /Tomato Half Beet Kale Salad Pineapple, Oranges, Cherries Whole Wheat Crackers	
21	22	23	24	25	26	27
	Chicken Florentine Peas and Carrots Fruit Compote Multigrain Roll	BBQ Riblet Baked Beans Squash, Cauliflower, Peppers Fruit Juice/ Roll	Spanish Rice Green Beans Corn Fruit Cup/ Roll	Salmon w Sour Cream Dill Sauce Carrots, Broccoli, Cauliflower Scalloped Potatoes Applesauce/ Onion Roll	Chef Salad Cucumber and Tomato Salad Pineapple and Oranges Crackers	
28	29	30	31			
	Ravioli w/Meat Sauce Squash, Peppers, Green Beans Corn Fresh Fruit Roll	Fish W/ Tartar Sauce Cheddar Potatoes Brussel Sprouts Fruit Juice Roll	Sausage w/Onions and Peppers Red Beans and Rice Spiced Peaches Hot Dog Bun			

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