



O'Connor Senior Center

September 2025

Mon.	Tues.	Wed.	Thurs.	Fri.
1	2	3	4	5
<p>*Holiday! No Meals Served*</p> 	<p>Sausage w/ Onions and Peppers Red Beans and Rice Baked Pears Hot dog bun</p>	<p>Fish w/ Tartar Sauce Creamed Spinach Succotash Fruit Juice Roll</p>	<p>Beef & Broccoli Stir Fry w/ rice Garlic Green Beans Baked Pineapple Roll</p>	<p>Greek Pasta Salad with Chicken Cucumber Tomato salad Fresh Fruit</p>
8	9	10	11	12
<p>Pancake w/ Sausage & Eggs Breakfast Potatoes Baked Apples Fruit juice</p>	<p>Meatloaf Mashed Potato Peas Peaches Garlic Knot</p>	<p>Grilled Chicken w/ Pineapple salsa Turnip Greens Roasted Corn Fruit Cup Roll</p>	<p>Turkey and stuffing Carrots Yellow Squash Mandarin Oranges</p>	<p>Southwest Chicken Pasta Salad Carrot Kale Salad Fruit Cocktail</p>
15	16	17	18	19
<p>Spanish rice (Beef) Corn Broccoli Fruit Cup Garlic Knot</p>	<p>Salmon w/ Tartar Sauce Spinach Succotash Fruit Juice Roll</p>	<p>White Beans and Ham Sweet Potatoes California Blend Applesauce Cornbread</p>	<p>Beef Stroganoff Scalloped Potatoes Carrots Fresh Fruit Roll</p>	<p>Chicken Caesar Salad Three Bean Salad Peaches Crackers</p>
22	23	24	25	26
<p>Hamburger Seasoned Potatoes Mixed Vegetables Fruit Juice Bun</p>	<p>BBQ Riblet Squash Maple Baked Beans Pears w/ Blueberries Bun</p>	<p>Chicken Casserole Peas & Carrots Baked Peaches Biscuit</p>	<p>Beef Burrito w/ cheesy salsa Mexican Corn Broccoli Fruit Juice</p>	<p>Chef Salad w/ chicken, Ham, Egg, and Cheese Cucumber Tomato Salad Tropical Fruit Crackers</p>
29	30			
<p>Chicken Parmesan Green beans Roasted Corn Pineapple cup Roll</p>	<p>Hot Dog w Chili Mixed Vegetables Coleslaw Baked Apples Bun</p>			

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

Meals includes a carton of 1% Milk