

Ruffy Holmes Senior Lunch Clubs

May 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pepper Steak w/ Gravy, Green Beans, Pineapples, Rice, Wheat Roll, Margarine, Banana Pudding, Milk	2 Hot Dog w/ Chili & Onions, Coleslaw, Apple Juice, Baked Beans, Sugar Cookies, Milk, Ketchup, Mustard	3 Oven Fried Fish Filet, Steamed Cabbage, Fruit Cocktail, Oven Potatoes, Cornbread, Tartar Sauce, Breeding Pudding, Milk
6 Cube Steak w/ Gravy, Turnip Greens, Orange Juice, Rice, Roll, Gingerbread, Milk, Vinegar	7 Chicken Salad on Lettuce & Tomato, Green Beans, Pineapples, Potato Salad, Wheat Bread, Chocolate Pudding, Milk	8 Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Applesauce, Garlic Bread, Milk, Parmesan Cheese	9 Baked Chicken w/ Gravy, Broccoli Casserole, mixed Fruit Salad, Whipped Potatoes, Roll, Milk	10 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Milk, Ketchup, Mustard
13 Pinto Beans, Mixed Greens, Orange Juice, Macaroni & Cheese, Cornbread, Marg. Pears, Milk, Onions, Vinegar	14 BBQ Chicken (leg & thigh), Squash Casserole, Applesauce, Lima Beans, Roll, Milk	15 Tuna Salad on Lettuce, Tomato Salad, Pears w/ Cheese, Pasta Salad, Low Salt Crackers, Oatmeal Raisin Cookies, Milk	16 Swedish Meatballs in Gravy, Peas & Carrots, Rice, Roll, Peaches, Orange Juice, Milk	17 Turkey & Cheese on a Bun w/ Lettuce & Tomato, Melon Cubes, Potato Salad, Mayo, Large Fig Bar, Milk, Mustard
20 Chicken Filet on a Bun w/ Lettuce & Tomato, Carrots, Cranberry Juice, Baked Beans, Mayo, Pears, Milk	21 Sliced Roast Turkey Breast w/ Gravy, Coleslaw, Sweet Potato Souffle', Roll, Margarine, Baked Apples, Milk, Cranberry Sauce	22 Ham & Cheese in a Bun w/ Lettuce & Tomato, Peaches, Potato Salad, Mayo, Nutri-Grain Fruit Bar, Milk, Mustard	23 Pork Roast w/ Gravy, Green Beans, Apple Juice, Rice, Biscuit, Pineapple Upside Down Cake, Milk	24 Chicken Parmesan w/ Noodles, Tossed Salad with Reduced Fat Dressing, Melon Cubes, Milk, Parm. Cheese, Garlic Bread
27 Happy Memorial Day!	28 Beef-A-Roni, Green Beans, Green Peas, Peaches, Italian Bread, Peanut Butter Cookies, Milk, Parmesan Cheese	29 Hot Sliced Ham in Pineapple Juice, Broccoli Casserole, Pineapples, Sweet Potato Patties, Cornbread, Milk	30 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Graham Crackers (2), Milk, Ketchup, Mustard, Light Mayo	31 Chicken Salad on Lettuce & Tomato, Fruit Cocktail, Wheat Bread, Pasta Salad, Carrot Cake, Milk