

Ruffy Holmes Senior Lunch Clubs

October 2019 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Chop w/ Gravy, Green Peas w/ Pearl Onions, Carrot Raisin Salad, Whipped Potatoes, Roll, Pineapples, Milk	2 Cubed Steak w/ Gravy, Turnip Greens, Orange Juice, Rice, Wheat Roll, Chocolate Chip Cookies, Milk	3 Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Orange Juice, Garlic Bread, Peach Cobbler, Milk, Parmesan Cheese	4 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Graham Crackers, Milk, Ketchup, Mustard
7 Baked Chicken (leg & thigh), Broccoli & Cheese, Cranberry Juice, Corn, Roll, Margarine, Milk	8 Turkey Smoked Sausage, Cabbage, Fruit Cocktail, Sliced New Potatoes Cornbread, Choc Pudding, Milk	9 Oven Fried Chicken Breast w/ Gravy, Spinach, Apple Juice, Rice, Cornbread, Margarine, Milk	10 Turkey Sandwich on Wheat Bread, Vegetable Beef Soup, Orange Juice, Crackers, Mayo, Lemon Pudding, Milk	11 Fried Fish Filet, Okra & Tomatoes, Mixed Fruit, Macaroni & Cheese, Cornbread, Tartar Sauce, Milk
14 Grilled Pork Cutlet w/ Gravy, Sauerkraut, Hot Sliced Apples, Cheese Grits, Wheat Roll, Lime Gelatin, Milk	15 Chicken Pot Pie w/ Mixed Vegetables, Green Beans, Peaches, Roll, Margarine, Milk	16 Pinto Beans, Turnip Greens, Orange Juice, Macaroni & Cheese, Cornbread, Margarine, Milk, Raw Onions	17 Chili Con Carne, Coleslaw, Cornbread, Margarine, Baked Apples, Milk	18 Chicken Filet w/ Lettuce & Tomato, Honey Carrots, Cranberry Juice, Baked Beans, Mayo, Pears, Milk
21 Chicken & Dumplings, Mixed Greens, Stewed Apples, Roll, Margarine, Fig Bar, Milk	22 Hot Dog w/ Chili & Onions, Coleslaw, Baked Beans, Sugar Cookies, Milk, Mustard, Ketchup	23 Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Garlic Bread, Cherry Cobbler, Milk, Parmesan Cheese	24 Meatloaf w/ Tomato Sauce, Chopped Broccoli, Orange Juice, Corn Mixture, Wheat Roll, Carrot Cake, Milk	25 Chicken Salad on Lettuce w/ Tomato, Veggie Pasta, Banana Pudding, Milk
28 Chicken Pot Pie, Squash, Brussel Sprouts, Wheat Roll, Strawberry Shortcake, Milk	29 Salisbury Steak in Gravy, Peas & Carrots, Bowtie Noodles, Roll, Cherry Cobbler, Milk	30 Beef-A-Roni, Green Beans, Green Peas, Peaches, Italian Bread, Peanut Butter Cookies, Milk, Parmesan Cheese	31 Roasted Turkey, Peas & Carrots, Orange Juice, Dressing, Roll, Spice Cake, Milk	