



Rufty-Holmes Senior Center

MARCH

LUNCH CLUB MENU



MARCH 8, Turn Clocks Ahead

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken Breast, Squash Casserole, Orange Juice, Lima Beans, Roll, Melon Cubes, Milk	3 Chicken Salad on Lettuce & Tomato, Pineapples, Potato Salad, Wheat Bread, Chocolate Pudding, Milk	4 Swedish Meatballs in Gravy, Peas & Carrots, Orange Juice, Rice, Roll, Peaches, Milk	5 Turkey Sausage, Steamed Cabbage, Fruit Cocktail, Sliced New Potatoes, Cornbread, Chocolate Pudding, Milk	6 Hot Dog w/ Chili & Onions, Cole-slaw, Baked Beans, Apple Juice, Sugar Cookies, Milk, Mustard, Ketchup
9 Salisbury Steak in Gravy, Peas, Carrots, Bowtie Noodles, Roll, Cherry Cobbler, Milk	10 Chicken Parmesan w/ Noodles, Tossed Salad w/ Fat Free Dressing, Garlic Bread, Melon Cubes, Milk, Parmesan Cheese	11 Lg. Tossed Salad w/ Grilled Chicken Strips, Pineapple Juice, Crutons, Garlic Bread, Ranch Dressing, Fruited Gelatin, Milk	12 Baked Pork Chop w/ Gravy, Cabbage, Applesauce, Rice, Roll, Margarine, Milk	13 Oven Fried Chicken Breast, Cole-slaw, Whole Kernel & Creamed Corn, Biscuit, Margarine, Fruit Cocktail, Milk
16 Baked Chicken (Leg & Thigh) w/ Gravy, Mixed Greens, Orange Juice, Whipped Potatoes, Roll, Choc. Chip Cookies, Milk	17 Tuna Salad on Lettuce, Tomato Salad, Pears & Cheese, Pasta Salad, Low Salt Crackers, Oatmeal Raisin Cookies, Milk	18 Spaghetti, Tossed Salad w/ Fat Free Ranch Dressing, Applesauce, Garlic Bread, Milk, Parmesan Cheese	19 Baked Chicken w/ Gravy, Broccoli Casserole, Mixed Fruit Salad, Whipped Potatoes, Roll, Milk	20 Baked Pork Chop w/ Gravy, Cabbage, Applesauce, Rice, Roll, Margarine, Milk
23 Pork Roast w/ Gravy, Green Peas w/ Pearl Onions, Carrot Raisin Salad, Whipped Potatoes, Roll, Pineapples, Milk	24 Turkey & Cheese Sandwich w/ Lettuce & Tomato, Melon, Potato Salad, Mayo, Choc. Chip Cookies, Milk, Mustard	25 Chicken Pot Pie, Broccoli & Cauliflower, Wheat Roll, Strawberry Shortcake, Milk	26 Pinto Beans, Okra & Tomatoes, Orange Juice, Macaroni & Cheese, Cornbread, Milk, Raw Onions	27 Cubed Steak w/ Gravy, Turnip Greens, Orange Juice, Rice, Roll, Gingerbread, Milk, Vinegar
30 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Milk, Mustard, Ketchup	31 Oven Fried Fish Filet, Steamed Cabbage, Fruit Cocktail, Oven Potatoes, Cornbread, Tartar Sauce,	<p>Lunch Clubs Welcome Rowan County Residents age 60+ Six Locations available. No Cost to attend, Donations Welcome Call 704-216-7702 for details on locations and to register.</p>		