

Rufty-Holmes Senior Center



# AUGUST MENU ~ LUNCH CLUBS

Weekly Pick-up of 5 Meals each Wednesday ~ Reservations Required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Roasted Chicken, Okra & Tomatoes, Corn, Pineapple, Orange, White Rice, Roll, Roll	4 Baked Spaghetti, Lima Beans, Cabbage, Applesauce, Juice, Roll	5 Sliced Pork w/ Gravy, Green Beans, Parsley Potatoes, Peaches, Apple, Egg Noodles, Juice	6 Santa Fe Chicken, Black Beans, Corn, Mandarin Oranges, Juice, Roll	7 Beef Pattie w/ Gravy, Broccoli, Red Skin Mashed Potatoes, Fruit Cocktail, Orange, Bun, Gold Fish Snack
10 Orange Chicken, Green Beans, Cabbage, Pears, Apple, Roll, Milk	11 Pinto Beans, Turnip Greens, Succotash, Pineapple, Apple, Biscuit, Fig Newtons, Milk	12 BBQ Beef Rib, Green Peas, Roasted Sweet Potatoes, Mandarin Oranges, Juice, Egg Noodles, Roll, Milk	13 Sweet & Sour Chicken, Yellow Squash, Lima Beans, Diced Peaches, Orange, Yellow Rice, Cookie, Milk	14 Baked Beef Macaroni, Corn, Green Beans, Applesauce, Juice, Roll
17 Chicken Stroganoff, Lima Beans, Okra & Tomatoes, Fruit Cocktail, Apple, Roll	18 Meatloaf & Gravy, Baked Beans, Turnip Greens, Pears, Juice, Cornbread Muffin, Milk	19 BBQ Chicken, Green Peas, Parsley Potatoes, Pineapples, Orange, White Rice, Roll, Milk	20 Roast Turkey w/ Gravy, Green Beans, Corn, Peaches, Juice, Roll, Milk	21 Pork Chop, Broccoli, Lyonnaise Squash, Mandarin Oranges, Apple, Roll, Milk
24 Salisbury Steak, Green Peas, Roasted Sweet Potatoes, Diced Peaches, Orange, Roll, Milk	25 Teriyaki Chicken, Corn, Roasted Okra, Applesauce, Fruit Juice, Yellow Rice, Roll, Milk	26 Beef Shephard's Pie, Glazed Carrots, Green Peas, Fruit Cocktail, Apple, Egg Noodles, Roll, Milk	27 BBQ Pork Riblet, Broccoli, Stewed Apples, Potato Salad, Juice, Cookie, Roll, Milk	28 Honey Glazed Chicken, Baked Beans, Collard Greens, Pears, Orange, Roll, Milk
31 Roasted Chicken, Okra & Tomatoes, Corn, Pineapple, Orange, White Rice, Roll, Milk	<p><b>For details on locations and to register:</b>  <b>704-216-7702 or <a href="mailto:nutrition@ruftyholmes.org">nutrition@ruftyholmes.org</a></b></p>			