



## Rufty Holmes Senior Center Lunch Clubs

# October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>West Rowan Site Open Mon Thru Fri For Grab &amp; Go Hot Meals</b>	<b>More Sites Opening In October</b>	<b>Call 704-216-7702 To Register as new Client</b>	1 Meatloaf, Mashed Potatoes w/ Gravy, Squash, Seasonal Fruit, Roll, Milk	2 Breakfast Omelet w/ Ham & Cheese, Hash browns, Cinnamon Apples, Peaches, Biscuit, Milk
5 Beef Stroganoff, Green Beans, Glazed Carrots, Mandarin Oranges, Roll, Milk	6 Chicken Breast w/ Lemon Sauce, Roasted Potatoes, Ratatouille, Seasonal Fruit, Roll, Milk	7 Navy Beans, Collard Greens, Applesauce, Cornbread Muffin, Milk	8 Pork Loin w/ Mustard Sauce, Cabbage, Creamed Spinach, Seasonal Fruit, Roll, Milk	9 Hamburger Patty w/ Gravy, Squash Casserole, Lima Beans, Seasonal Fruit, Roll, Milk
12 Shepherd's Pie, Stewed Tomatoes, Broccoli, Applesauce, Mandarin Oranges, Milk	13 Harvest Pork Stew, Turnip Greens, Seasonal Fruit, Rice, Milk	14 Sweet & Sour Chicken, Peas & Carrots, Green Beans, Fruit Cocktail, Rice, Milk	15 Salisbury Steak w/ Gravy, Mashed Potatoes, Baby Carrots, Pears, Roll, Milk	16 Sliced Ham w/ Pineapple, Broccoli Casserole, Sweet Potatoes, Mandarin Oranges, Cornbread Muffin, Milk
19 Beef Tips, Broccoli, Stewed Tomatoes, Seasonal Fruit, Rice, Milk	20 Hawaiian Chicken, Lima Beans, Ratatouille, Mandarin Oranges, Seasonal Fruit, Roll, Milk	21 Pinto Beans, Collard Greens, Succotash, Seasonal Fruit, Cornbread Muffin, Milk	22 Turkey Tetrazzini, Corn, Green Beans, Seasonal Fruit, Roll, Milk	23 Chicken & Dumplings, Roasted Sweet Potatoes, Pears, Seasonal Fruit, Roll, Milk
26 Turkey Breast, Scalloped Potatoes, Green Beans, Mandarin Oranges, Dressing w/ Gravy, Milk	27 Chicken Fajitas, Beans & Diced Tomatoes, Cinnamon Peaches, Rice, Milk	28 Chili Con Carne, Green Peas, Stewed Apples, Seasonal Fruit, Cornbread, Milk	29 Chicken Marsala, Vegetable Medley, Black- Eyed Peas, Fruit Cocktail Salad, Roll, Milk	30 Salisbury Steak w/ Gravy, Mashed Potatoes, Baby Carrots, Pears, Roll, Milk

- Keep meals frozen until ready to eat.
- Reheat the meals for 6-10 minutes in the microwave above 165 degrees.
- The milk will thaw in 24 hours in refrigerator. Shake well before consuming