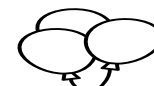


Ruffy Holmes Senior Lunch Clubs

September 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Spaghetti, Lima Beans, Cabbage, Pears, Milk, Roll	2 Boneless Pork w/ Gravy, Green Beans, Parsley Potatoes, Peaches, Pasta, Milk	3 Sante Fe Chicken, Black Beans, Corn, Fruit Cocktail, Yellow Rice, Milk	4 Salisbury Steak w/ Gravy, Broccoli, Carrots, Pineapple, White Rice, Milk
7 Orange Chicken, Green Beans, Cabbage, Fruit Cocktail, Brown Rice, Milk	8 Pinto Beans, Turnip Greens, Macaroni & Cheese, Mandarin Oranges, Roll, Milk	9 BBQ Beef Rib, Green Peas, Roasted Sweet Potatoes, Pineapples, White Rice, Milk	10 Sweet & Sour Chicken, Yellow Squash, Lima Beans, Pears, Yellow Rice, Milk	11 Swedish Meatballs, Corn, Green Beans, Peaches, Egg Noodles, Milk
14 Sante Fe Chicken, Lima Beans, Okra & Tomatoes, Mandarin Oranges, White Rice, Milk	15 Meatloaf & Gravy, Baked Beans, Turnip Greens, Pears, New Potatoes, Milk	16 BBQ Chicken, Green Peas, Parsley Potatoes, Peaches, White Rice, Milk	17 Roast Turkey w/ Gravy, Green Beans, Corn, Peaches, Dressing, Milk	18 Teriyaki Pork Chop (Boneless), Broccoli, Lyonnaise Squash, Pineapples, Yellow Rice, Milk
21 Salisbury Steak, Green Peas, Roasted Sweet Potatoes, Fruit Cocktail, Roll, Milk	22 BBQ Beef Rib, Corn, Roasted Okra, Pineapples, Yellow Rice, Milk	23 Chicken Stroganoff, Glazed Carrots, Green Peas, Mandarin Oranges, Egg Noodles, Milk	24 Shepherds Pie, Broccoli, Harvard Beets, Pears, Roll, Milk	25 Honey Glazed Chicken, Corn, Collard Greens, Peaches, White Rice
28 Roasted Chicken, Okra & Tomatoes, Corn, Mandarin Oranges, Milk	29 Baked Spaghetti, Lima Beans, Cabbage, Pears, Milk, Roll	30 Boneless Pork w/ Gravy, Green Beans, Parsley Potatoes, Peaches, Pasta, 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
- Keep cold foods under 41 degrees