

Rufty Holmes Senior Center Lunch Clubs

NOVEMBER MENU






Grab & Go Hot Meals at 3 Locations

Mon Thru Fri 10:30 ~ 11:30 am

5 Frozen Meals Box at 2 Locations

Wednesday Pick-up 10am –10:45 am

South Rowan & Rufty-Holmes Sr Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Parmesan Spinach, Rice, Roasted Potatoes, Peaches	3 Meatloaf/Gravy Mashed Potatoes Green Beans, Roll Mandarin Oranges	4 Beef Goulash Corn, Turnip Greens Seasonal Fruit Cornbread Muffin	5 Swedish Meatballs Noodles, Carrots, Green Peas, Roll Seasonal Fruit	6 Chicken Casserole Lima Beans, Roll Stewed Tomatoes Fruit Cocktail	7 2% Milk included with each meal
8 	9 Baked Spaghetti Green Peas, Corn Fruit Cocktail Roll	10 BBQ Chicken Squash Casserole Lima Beans, Rice Mandarin Oranges	11 NO TRANSP Chili Baked Potato Broccoli, Roll Applesauce	12 Roast Pork Loin Cabbage, Beets Seasonal Fruit Roll	13 Omelet/Ham/Cheese Hashbrowns, Peaches Cinnamon Apples Cornbread	14
15	16 Beef Stroganoff Green Beans, Carrots Mandarin Oranges Roll	17 Chicken/Herb Sauce Roasted Potatoes Ratatouille, Roll Seasonal Fruit	18 Navy Beans Collard Greens Macaroni/Cheese Applesauce	19 Meatloaf/Gravy Mashed Potatoes Squash, Roll Seasonal Fruit	20 Hamburg Patty/Grvy Roasted Swt Potato Baked Beans, Roll Seasonal Fruit	21 
22	23 Shepherd's Pie Stewed Tomatoes Steamed Broccoli Applesauce, Roll	24 Harvest Pork Stew Black-eye Peas Turnip Greens, Rice Seasonal Fruit	25 Sweet/Sour Chicken Carrots, Green Peas Ric Fruit Cocktail	26  SITES CLOSED	27 SITES CLOSED	28
29	30 Beef Tips, Rice Broccoli Stewed Tomatoes Seasonal Fruit	Call 704-216-7702 To Register as new Client		Nov. 26- Frozen Turkey & Dressing Green Beans, Roll Yam Souffle Pears	Nov. 27- Frozen Baked Spaghetti Mixed Veggies, Corn Mandarin Oranges Cornbread Muffin	Frozen Meals: Keep cold Foods under 41 degrees Reheat meals in microwave above 165 degrees