





Ruffy Holmes Senior Center Lunch Clubs

September 2021 Menu

Meal Costs are supplemented with HCCBG/USDA Federal Funds, State and County funds.
 Guests are asked, if able, to give a donation towards the meal cost of \$5.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call 704-216-7702</p> <p>To register as a new client, ask for Michele Sweatt.</p>		<p>1 Sliced Ham w/Glaze. Black-Eyed Peas. Warm Potato Salad. Roll. Milk and Juice</p>	<p>2 Spaghetti. Broccoli. Corn. Roll. Milk and Juice</p>	<p>3 Hamburger w/Bun. Home Fries. Baked Beans. Milk and Juice</p>
<p>6 CLOSED</p> <p>HAPPY <i>Labor Day</i></p>	<p>7 Hamburger Patty w/ Gravy. Oven Browned potatoes. Green Beans. Roll. Milk and Juice</p>	<p>8 Mac & Cheese. Yellow Squash. Blueberry Cobbler. Milk and Juice</p>	<p>9 Chicken Stroganoff w/ Noodles. Cauliflower. Carrots. Milk and Juice</p>	<p>10 Cheesy Beef & Mac Casserole. Greens Beans. Cabbage. Roll, Milk and Juice</p>
<p>13 Meatloaf w/Gravy. Mashed Potatoes. Stewed Tomatoes. Roll, Milk and Juice</p>	<p>14 Chicken Filet w/Bun. Diced Potatoes. Green Peas. Milk and Juice</p>	<p>15 Mac & Cheese w/Ham. Green Beans. Apple Cobbler. Cornbread. Milk and Juice</p>	<p>16 Pulled Pork BBQ. Black-Eyed Peas. Collard Greens. Milk and Juice</p>	<p>17 Chicken & Rice Casserole. Broccoli. Apple Crisp. Roll. Milk and Juice</p>
<p>20 Chicken & Biscuit Pan Pie. Cabbage. Green Beans. Milk and Juice</p>	<p>21 Veal Parmesan. Spinach. Corn. Roll. Milk and Juice</p>	<p>22 Carved Turkey & Dressing w/ Gravy. Green Beans. Roll. Milk and Juice</p>	<p>23 Sliced Ham w/ Glaze Broccoli. Carrots. Roll Milk and Juice</p>	<p>24 Pinto Beans. Cornbread Collard Greens. Blueberry Crisp. Milk and Juice</p>
<p>27 Smothered Hamburger Patty. Turnip Greens. Rice. Milk and Juice</p>	<p>28 Sloppy Joe. w/Bun Squash & Zucchini. Ranch Potatoes. Milk and Juice</p>	<p>29 Chicken Parmesan. Roasted Sweet Potatoes. Spinach. Roll. Milk and Juice</p>	<p>30 Stroganoff / Noodles. Squash Medley. Baked Apples w/Raisins Milk and Juice</p>	

RUFFY-HOLMES LUNCH CLUB SITES

West Rowan- Lions Club 704-798-3100
 East Rowan- Shiloh UMC 704-798-3058
 John Calvin- Presbyterian Church 704-798-3093

Call Front Desk Staff For General Questions 704-216-7714

Lafayette Community Center 704-636-7758
 North Rowan- Shady Grove Baptist 704-431-7720
 South Rowan- VFW Kannapolis 704-798-3038