

# Ruffy Holmes Senior Center

## Nutrition Program Menu

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BAKED HAM GREEN BEANS MAC N CHEESE ROLL ORANGE DREAM MILK	2 SMOKE SAUSAGE CABBAGE PINTO BEANS BREAD BANANA MILK	3 BEEF HOT DOG BBQ SLAW CHILI POTATO CHIPS DESSERT COOKIE MILK	 4 <sup>th</sup> of July
7 Pimento Cheese Wheat Bread PASTA SALAD CHIPS CHOC PUDDING MILK	8 CHICKEN THIGHS MASHED POTATO GRAVY PEAS ORANGE ROLL & MILK	9 STEAK & GRAVY PINTOS COLLARD GREEN CORNBREAD APPLE-FRESH MILK	10 Chicken Tenders Rosemary Fries Italian Tossed Salad Roll Jello Cup Milk	11 Riblet Potato Salad Coleslaw Bun Cookie Milk
14 Fish Sticks (4) Tarter Sauce Diced Potato Corn Nuttly Bar Milk	15 Chopped BBQ BBQ Slaw Potato Salad Bun Strawberry Yum Milk	16 Meatball Marinara Pasta 7 layer Salad Garlic Bread Peaches Milk	17 Chicken Tacos Flour Shells Lettuce Tomato Sour Cream Cheese Black Beans Banana Milk	18 Gr. Chicken Filet Lettuce Tomato Macaroni Salad Bun Dessert Cookie Milk
21 Sliced Turkey Gravy Stuffing Beets Bread Ice Cream Cup Milk	22 Breakfast Wrap: Turkey Sausage Egg & Cheese Home Fries Pepper & Onion Stewed Apples Milk	23 Sloppy Joe Coleslaw Tater Tots w/Cheese Bun Oreo Delite Milk	24 Chicken Casserole Lima Beans Buttered Corn Bread Pears Milk	25 Fish Fillet Tarter Sauce Coleslaw Oven Fries Dessert Cookies Bun Milk
28 Pulled Pork Gravy Mashed Potato Broccoli Cheese Applesauce, Roll & Milk	29 BBQ Chicken Squash Mac N Cheese Bread Banana Milk	30 Swiss Steak Rice Green Beans Pineapple Bread & Milk	31 Lasagna Italian Tossed Salad Garlic Bread Mixed Fruit Milk	

Menu substitutes may occasionally have to be made of equal nutritional value.

“USDA is an equal

opportunity provider and employer.”