

# Rufty Holmes Senior Center

## Nutrition Program Menu

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Salad Wheat Bread 3 Bean Salad Mixed Fruit Cup Milk	2 Hamburger - Bun Let/Tom/Onion Baked Beans Pickle Chips & Cookie Milk
5 Spaghetti Casserole Steamed Vegetables Garlic Bread Jello Fruit Cup Milk	6 Roast Chicken Thigh Black Eye Peas Honey Carrots Roll Orange Dream Milk	7 Pork Pulled in Gravy Sweet Potato Mash Roasted Pepper & Onions Roll Cherry Yum	8 Hamburger Steak w/ Sauteed Onions Potato Salad Seven Layer Salad Bread Fresh Fruit - Mix Milk	9 BBQ Riblet Chips Coleslaw Bun Cookie Milk
12 Baked Ham Green Beans Mac n Cheese Bread Strawberry Yum Milk	13 Sliced Turkey w/gravy, Oven Potato (Chunky), Green Peas, Roll, Fresh-Apple and Milk	14 Lemon Herb Pork Orzo Squash & Onions Bread Grapes & Cantaloupe Milk	15 Fish Sandwich Chips Coleslaw Bun Pineapple Delite Milk	16 Hot Dog Chili/Slaw/Onion Rosemary Fries Bun Fresh Fruit Milk
19 Gr. Chicken Sand Bun Let/Tom/Pickle Oven Potato Fru Milk	20 Chopped Pork BBQ Red Slaw Potato Salad Bun Fresh Fruit - Orange Milk	21 Sweet & Sour Chicken Fried Rice Honey Carrots Fresh Fruits - Blend Milk	22 Baked Fish Orzo Stewed Okra & Tomato Bread Fruit Cup - Peaches Milk	23 Turkey & Cheese Sub Pasta Salad Let/Tom/Pickles Chips Sub Roll Cookie Milk
26 Memorial Day Closed	27 Shredded Pork Tacos Purple Cabbage Slaw Black Beans Oreo Fluff Milk	28 Sloppy Joe Cole Slaw Oven Tots w/Cheese Bun Fresh Fruit: Strawberry/Grapes Milk	29 Baked Ziti, Tossed Salad w/Green Peppers & Tomatoes Garlic Bread Mixed Fruit Milk	30 Chicken Alfredo in Rotini Mixed Vegetables Garlic Bread Applesauce Cups Milk

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

**“USDA is an equal opportunity provider and employer.”**