

Rufty Holmes Senior Center

Nutrition Program Menu

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Barbecued Chicken Rice Stewed Tomatoes Dinner Roll Baked Apples Milk	2 Pancakes w/syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk	3 Barbecue Boneless Pork Rib Coleสลaw Corn Bun Assorted Cookie Milk	4 Chopped Steak w/Brown Gravy Steamed Rice Green Beans Dinner Roll Chilled Fruit Cup Milk	5 Baked Ham Pinto beans Turnip Greens Cornbread Pudding Milk
8 Chopped Steak w/Brown Gravy Green Beans Carrots Wheat Roll Cranberry-Apple Juice Milk	9 Fried Fish Okra & Tomatoes Coleสลaw Bun Peaches Milk	10 Roast Turkey w/Gravy Cornbread Stuffing Pickled Beets Baked Apples Grape Juice Milk	11 Baked Chicken Creamed Potatoes Green Peas Dinner Roll Pudding Grape Juice Milk	12 Lasagna Tossed Salad w/Green Peppers & Tomatoes Garlic Bread Mixed Fruit Milk
15 Cheeseburger Lettuce & Tomato Tater Tots Bun Pudding Milk	16 Spaghetti & Meat Sauce Corn Garlic Bread Pineapple Tidbits Milk	17 Chicken & Dumplings Carrots Coleสลaw Dinner Roll Peaches Milk	18 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Pineapple-Orange Juice Milk	19 Chicken Patty w/Gravy Mashed Potatoes Broccoli & Cheese Casserole Wheat Roll Assorted Cookie Milk
22 Chicken Pie Steamed Rice Okra & Tomatoes Dinner Roll Oatmeal Cookie Milk	23 Salisbury Steak Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk	24 Pinto Beans Collard Greens Stewed Potatoes Cornbread Assorted Cookie Milk	25 Pepper Steak Supreme Mashed Potatoes Peas & Carrots Wheat Roll Pineapple Tidbits Milk	26 Sweet & Sour Chicken Macaroni & Cheese Broccoli Dinner Roll Baked Apples Milk
29 Sloppy Joe Tater Tots Coleสลaw Bun Fruit Cup Milk	30 Baked Chicken w/Gravy Mashed Potatoes Crowder Peas Dinner Roll Fresh Orange Milk			

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

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