



November 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheeseburger w/Chili. Baked Beans. Lettuce & Tomato. Peaches. Milk	2 Chicken Pie. Collard Greens. Baked Apples. Dinner Roll. Assorted Cookie. Milk	3 Baked Ham. Broccoli w/Cheese Sauce. Mashed Potatoes. Or- ange Juice. Cornbread Pudding. Milk	4 Chili Con Carne. Rice. Coleslaw. Cornbread. Fruit Cocktail. Milk
7 BBQ Chicken. Green Peas. Glazed Carrots. Fresh Apple Slices. Din- ner Roll. Pudding. Milk	8 Pancakes w/Syrup. Scrambled Eggs. Sausage Links. Tater Tots. Or- ange juice. Milk	9 Smoked Sausage w/ Cabbage. Crowder Peas. Dinner Roll. Peaches Milk.	10 Breaded Chicken Filet. Baked Beans. Lettuce & Tomato Slices. Bun. Fruited Gelatin. Milk	11 Lunch Sites Closed. RHSC is open.
14 Hotdog w/Sauerkraut. Pinto Beans. Hot Apple slices. Bun. Fruit Gelatin. Milk.	15 Fried Fish Filet w/Tarter Sauce. Okra & Toma- toes. Coleslaw. Bun. Mixed Fruit. Milk	16 Pinto Beans. Turnip Greens. Macaroni & Cheese. Cornbread. Or- ange Juice. Milk	17 Spaghetti w/ Meat Sauce. Green Beans. Tossed Salad w/ranch dressing. Garlic Bread. Pears. Milk	18 1/2 Pimento Cheese Sandwich on Wheat Bread. Vegetable Beef soup w crackers. Pudding Milk
21 Pancakes w/Syrup. Scrambled Eggs. Sausage Links. Tater Tots. Or- ange juice. Milk	22 Meatloaf. Diced Pota- toes. Broccoli. Wheat Roll. Orange Juice. Pud- ding Milk	23 Sliced Turkey w/Gravy. Cornbread Stuffing. Green Beans. Peach Cobbler. Milk.	24 Lunch Sites and RHSC Closed.	25 Lunch Sites and RHSC Closed.
28 Chicken Patty w/ Gravy. Corn. Okra & Tomatoes. Cornbread. Fruit Gela- tin. Milk	29 Sloppy Joe. Tater Tots. Coleslaw. Bun. Ap- plesauce. Milk	30 Hotdog w/Chili. BBQ Slaw. Lima Beans. Apple Juice. Bun. Chocolate Peanut Butter Bar. Milk	JOIN A RHSC LUNCH CLUB! SIX LOCATIONS IN ROWAN COUNTY. Lunch provided at no cost to Rowan County residents, 60+. Donations accepted. Sites Open Monday - Friday 9:30 am - 1:30 pm *CALL 704-216-7702 TO REGISTER.	

RUFTY-HOLMES LUNCH CLUB SITES

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

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

Lafayette Community Center 704-636-7758
South Rowan - VFW Kannapolis 704-798-3038
Hispanic Lunch Club (twice a month) 704-216-7702