

Rufty Holmes Senior Center

Nutrition Program Menu

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sweet & Sour Chicken Stir Fried Rice Cooked Cabbage Pineapple Tidbits Milk	4 Chicken Thigh-Roast Squash Casserole Buttered Corn Roll Banana Pudding Milk	5 Salisbury Steak Mashed Potatoes Green Beans Wheat Bread Orange - Whole Milk	6 Tuna Salad - Cold 3 Bean Salad Cottage Cheese Peaches Crackers Milk	7 BBQ Riblet Oven Potatoes Cole Slaw Bun Oatmeal Cookie Milk
10 Pimento Cheese Tomato Soup Wheat Bread Crackers Banana - Fresh Milk	11 Chopped Pork BBQ Red Slaw Potato Salad Bun Peaches Milk	12 Baked Ham Black Eye Peas Turnip Greens Cornbread Cherry Yum Milk	13 Goulash- Beef/Tom/Pasta Lima Beans Bread Cake - Chocolate Milk	14 Hot Dog Chips Chili/Slaw/Onion Fudge Cookie Milk
17 Ham & Cheese Sandwich Chicken Noodle Soup Crackers Apples - Fresh Milk	18 Country Fried Beef Steak in Gravy White Rice Sweet Peas Biscuit Mixed Fruit Salad Milk	19 Baked Fish Steamed Veggies Cheesy Orzo Bread Pears Milk	20 Smoked Sausage Sauerkraut Pintos Cornbread Orange - Whole Milk	21 Grilled Chicken Sandwich Chips Lettuce/Tomato Pecan Twirls Milk
24 Chicken Tenders Potato Salad Baked Beans Bananas - Whole Milk	25 Spaghetti - Beef Seven Layer Salad Garlic Bread Chocolate Pudding Milk	26 Stroganoff w/Meatballs in Rotini Pasta Green Beans Garlic Toast Vanilla Mousse Milk	27 Chicken Casserole w/ stuffing topping Creamed Corn Apple - Fresh Milk	28 Meatball Sub Cheese (White) Pasta Salad Raisin Cream Cookie Milk

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

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