



Ruffy-Holmes Senior Center

August 2023 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JOIN A RHSC LUNCH CLUB! SIX LOCATIONS IN ROWAN COUNTY.	1 Spaghetti & Meat sauce, Corn, Garlic Bread, Pineapple, Milk	2 Chicken & Dumplings, Carrots, Coleslaw, Roll, Peaches, Milk	3 Meatloaf, Mac & Cheese, Lima Beans, Roll, Pineapple-Orange Juice, Milk	4 Chicken Patty w/gravy, Mashed Potatoes, Roll, Broccoli & cheese Casserole, Cookie, Milk
7 Chicken Pie, Rice, Roll, Okra & Tomatoes, Cranberry-Apple Juice, Milk	8 Salisbury Steak, Navy Beans, Broccoli, Roll, Apple slices, Milk	9 Pinto Beans, Collard Greens, Stewed Potatoes, Cornbread, Cookie, Milk	10 Pepper Steak, Mashed Potatoes, Peas & Carrots, Roll, Pineapple, Milk	11 Sweet & Sour Chicken, Mac & Cheese, Broccoli, Roll, Baked Apples, Milk
14 Sloppy Joe, Tater Tots, Coleslaw, Bun., Fruit Cup, Milk	15 Baked Chicken w/gravy, Mashed Potatoes, Peas, Roll, Fresh Orange, Milk	16 Pinto Beans w/Ham, Mac & Cheese, Cabbage, Cornbread, Grape Juice, Milk	17 Hot Dog w/chili, Corn, Coleslaw, Fudge, Milk	18 Chicken Alfredo, Green Beans, Beets, Roll, Pears, Milk
21 BBQ Chicken, Rice, Stewed Tomatoes, Roll, Baked Apples, Milk	22 Pancakes w/Syrup, Eggs, Sausage Links, Tater Tots, Orange Juice, Milk	23 BBQ Boneless Pork Ribs, Corn, Coleslaw, Bun, Cookie, Milk	24 Chopped Steak w/gravy, Rice, Green Beans, Roll, Fruit Cup, Milk	25 Baked Ham, Pinto Beans, Turnip Greens, Cornbread, Pudding, Milk
28 Chopped Steak w/gravy, Green Beans, Carrots, Roll, Juice, Milk	29 Fried Fish Filet, Okra & Tomatoes, Coleslaw, Bun, Peaches, Milk	30 Roast Turkey w/gravy, Cornbread Stuffing, Beets, Baked Apples, Juice, Milk	31 Baked Chicken, Creamed Potatoes, Peas, Roll, Pudding, Milk	Sites Open Monday - Friday 9:30 am - 1:30 pm *CALL 704-216-7702 TO REGISTER.

West Rowan - Lions Club 704-798-3100
East Rowan - Shiloh UMC 704-798-3058
John Calvin Presbyterian Church 704-798-3093
Tuesday Lunch Club @ RHSC 704-216-7702

Lafayette Community Center 704-636-7758
North Rowan - Spencer 704-431-7720
South Rowan - VFW Kannapolis 704-798-3038
Hispanic Lunch Club (2nd & 4th Wed.) 704-216-7702