

Ruffy Holmes Senior Center

January 2024 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED NEW YEAR	2 Hamburger Steak w/Gravy, Mashed Potatoes, Broccoli Casserole, Applesauce, Orange Juice, Dinner Roll, Milk	3 Smoked Sausage w/Cabbage, Crowder Peas, Dinner Roll, Peaches, Milk	4 Breaded Chicken Filet, Baked Beans, Lettuce & Tomato Slices, Bun, Fruited Gelatin, Milk	5 Chicken Alfredo w/ Noodles, Green Beans, Pickled Beets, Wheat Roll, Pears, Milk
8 Hot dog w/Sauerkraut, Pinto Beans, Hot Sliced Apples, Bun, Fruited Gelatin, Milk	9 Fried Fish Filet w/Tartar Sauce, Okra & Tomatoes, Coleslaw, Bun, Mixed Fruit, Milk	10 Pimento Cheese Sandwich on Wheat Bread, Chili Beans w/Crackers, Fresh Orange, Pudding, Milk	11 Spaghetti w/Meat Sauce, Green Beans, Tossed Salad w/Ranch Dressing, Garlic Bread, Pears, Milk	12 Pinto Beans, Turnip Greens, Macaroni & Cheese, Cornbread, Orange Juice, Milk
15 CLOSED MLK Day	16 Meatloaf, Diced Potatoes, Broccoli, Orange Juice, Wheat Roll, Pudding, Milk	17 Chicken Patty w/Gravy, Corn, Okra & Tomatoes, Cornbread, Fruited Gelatin, Milk	18 Smoked Sausage, Rice, Peas & Carrots, Pears, Dinner Roll, Pudding, Milk	19 Barbecue Boneless Pork Rib, Lima Beans, Mashed Potatoes, Dinner Roll, Fruit Cocktail, Milk
22 Pancakes w/Syrup, Scrambled Eggs, Sausage Links, Tater Tots, Orange Juice, Milk	23 Sloppy Joe, Tater Tots, Coleslaw, Bun, Fresh Apple Slices, Milk	24 Hot Dog w/Chili, Barbecue Slaw, Lima Beans, Apple Juice, Bun, Chocolate Fudge Round, Milk	25 Cube Steak w/Gravy, Broccoli & Cheese, Mashed Potatoes, Fruit Cocktail, Dinner Roll, Assorted Cooke, Milk	26 Baked Chicken Patty, Brocco- li-Cauliflower Medley, Blackeye Peas, Apple Juice, Wheat Roll, Assorted Cookie, Milk
29 Lasagna, Tossed Salad w/Green Peppers & Tomatoes, Garlic Bread, Mixed Fruit, Milk	30 Chicken & Dumplings, Buttered Carrots, Dinner Roll, Orange Juice, Apple Cobbler, Milk	31 Baked Ham w/Pineapple Juice, Broccoli-Rice Casserole, Sweet Potatoes, Pineapple Slices, Dinner Roll, Milk	JOIN A RHSC LUNCH CLUB! SIX LOCATIONS IN ROWAN COUNTY. Lunch provided at no cost to Rowan County residents, 60+ Sites Open Monday - Friday 9:30 am - 1:30 pm *CALL 704-216-7702 TO REGISTER.	

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

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 Comm. Bldg 704-431-7720
South Rowan - VFW Kannapolis 704-798-3038
Hispanic Lunch Club (2nd & 4th Wed.) 704-216-7702