

Rufy-Holmes Senior Center

January 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LUNCH SITES CLOSED	3 Meatloaf, Diced Potatoes, Broccoli, Wheat Roll. Orange Juice, Milk, Pudding	4 Chicken Patty w/Gravy, Corn, Okra, Tomatoes, Cornbread, Fruit Gelatin. Milk	5 Smoked Sausage, Rice, Peas & Carrots, Pears, Roll, Pudding & Milk.	6 BBQ Boneless Pork Ribs, Lima Beans, Mashed Potatoes, Fruit Cocktail, Roll & Milk.
9 Sliced Turkey w/Gravy, Cornbread Stuffing, Green Beans, Peach Cobbler, Milk.	10 Sloppy Joe, Tater Tots, Coleslaw, Bun, Applesauce, Milk.	11 Hot Dog w/Chili, Lima Beans, BBQ Slaw, Apple Juice, Bun, Chocolate Peanut Butter Bar, Milk.	12 Cube Steak w/Gravy, Broccoli & Cheese, Mashed Potatoes, Roll, Fruit Cocktail, Milk.	13 Baked Chicken Patty, Broccoli & Cauliflower, Black-eyed Peas, Apple Juice, Roll, Milk.
16 RHSC & LUNCH SITES CLOSED	17 Chicken & Dumplings, Buttered Carrots, Roll, Fresh Apple Slices, Orange Juice, Milk.	18 Baked Ham w/Pineapple Broccoli-Rice Casserole, Sweet Potatoes, Roll, Pineapple Slices, Milk.	19 BBQ Boneless Pork Rib, Squash & Onions, Green Peas, Roll, Cookie, Apple Juice, Milk.	20 Hot Dog w/Chili, Corn, BBQ Slaw, Bun, Pears, Pudding, Milk.
23 Pancakes w/Syrup, Scrambled Eggs, Sausage Links, Tater Tots, Fresh Orange, Milk.	24 Cheeseburger w/Chili, Lettuce, Tomato, Baked Beans, Bun, Peaches, Milk.	25 Chicken Pie, Collard Greens, Baked Apples, Roll, Cookie, Milk.	26 Baked Ham, Broccoli w/Cheese, Mashed Potatoes, Cornbread, Pudding, Milk.	27 Chili Con Carne, Rice, Coleslaw, Cornbread, Fruit Cocktail, Milk.
30 BBQ Chicken, Peas, Glazed Carrots, Roll, Apple Juice, Pudding, Milk.	31 Hamburger Steak w/Gravy Mashed Potatoes, Broccoli Casserole, Applesauce, Roll, Orange Juice, 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.		

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 704-216-7702
South Rowan - VFW Kannapolis 704-798-3038
Hispanic Lunch Club (twice a month) 704-216-7702