

Rufty Holmes Senior Center

Nutrition Program Menu

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Lasagna Tossed Salad Salad Dressings Garlic Bread Chocolate Mousse Milk	2 Chicken Salad Honey Wheat Bread Lettuce & Tomato Potato Salad Banana Pudding Milk	3 Hamburger Bun Lettuce, Tomato, Onion Oven French Fries Baked Beans Peach Cobbler Milk	4  4th of July	5 Closed for the 4th.
8 Pinto Beans Turnip Greens Coleslaw Cornbread Spice Cake – Iced Milk	9 Chicken Fried Steak in Gravy Mashed Potatoes Green Beans Biscuit Oreo Cookie Delite Milk	10 Chili Beans Baked Potatoes Butter; Sour Cream Crackers 7 Layer Salad Choc. Chip Delite Milk	11 BBQ Chicken Breast Green Beans Mac-n-Cheese Dinner Roll Peaches Milk	12 Hamburger Steak w/Brown Gravy Brown Rice Vegetable Medley Dinner Roll Pineapple Dream Milk
15 Scrambled Eggs Link Sausage Milk Gravy Biscuits Cinnamon Apples Orange Juice Milk	19 Sloppy Joe Bun Tater Tots Coleslaw Fruit Salad-w/Apples & Bananas Milk	17 Baked Chicken Rice Broccoli Casserole Dinner Roll Orange Dreamsicle Milk	18 Ham/Turkey Sub Loaded Potato Soup Crackers Lettuce & Tomato Peaches Milk	19 Meatloaf Mashed Potatoes Green Peas Dinner Roll Apple Cobbler Milk
22 Hot Dog Bun Chips - Plain Chili & Cole Slaw Baked Beans Cherry Yum Yum Milk	23 Breaded Pork Chop in White Gravy Mashed Potatoes Lima Beans Dinner Roll Carrot Cake – Iced Milk	24 Chicken Casserole Topped w/Dressing Macaroni & Cheese Green Peas Dinner Roll Mixed Fruit Salad Milk	25 Beef Steak with Mushroom Gravy Brown Rice Cooked Cabbage Dinner Roll Red Velvet Cake Milk	26 Chicken Tacos Flour Tortillas Lettuce, Tomato, Cheese, Sour Cream Rice Refried Beans Cupcakes Milk
29 Sweet & Sour Chicken Fried Rice Honey Carrots Mandrian Oranges Milk	30 Spaghetti - Beef Tossed Salad Dressings (Ranch/Italian) Garlic Bread Vanilla Mousse Milk	31 Scrambled Eggs Bacon Hash Browns Pancake & Syrup Apple Compote Orange Juice Milk		

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