

Ruffy-Holmes Senior Center

May 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sloppy Joe, Coleslaw, Tater Tots, Bun Fruit Cup, Milk	2 Baked Chicken w/Gravy, Mashed Potatoes, Crowder Peas, Roll, Orange, Milk	3 Pinto Beans w/Ham, Mac & Cheese, Cabbage, Cornbread, Grape Juice, Milk	4 Hot Dog w/Chilli, Coleslaw, Corn, Bun, Chocolate Peanut Butter Bar, Milk	5 Chicken Alfredo, Pasta, Green Beans, Beets, Roll, Pears, Milk
8 BBQ Chicken, Rice, Stewed Tomatoes, Roll, Baked Apples, Milk	9 Pancakes w/Syrup, Scrambled Eggs, Sausage Links, Tater Tots, Orange Juice, Milk	10 BBQ Boneless Ribs, Corn, Coleslaw, Corn, Bun, Cookies, Milk	11 Chopped Steak w/Brown Gravy, Rice, Green Beans, Roll, Fruit Cup, Milk	12 Baked Ham, Pinto Beans, Turnip Greens, Cornbread, Pudding, Milk
15 Chopped Steak w/Brown Gravy, Green Beans, Carrots, Roll, Cranberry-Apple Juice, Milk	16 Fried Fish Filet, Okra & Tomatoes, Coleslaw, Bun, Peaches, Milk	17 Roast Turkey w/Gravy, Cornbread Stuffing, Beets, Baked Apples, Grape Juice, Milk	18 Baked Chicken, Creamed Potatoes, Peas, Roll, Pudding, Grape Juice, Milk	19 Lasagna, Salad w/Green Peppers & Tomatoes, Roll, Mixed Fruit, Milk
22 Cheeseburger, Tater Tots, Pudding, Milk	23 Spaghetti w/Meat Sauce, Corn, Garlic Bread, Pineapple Tidbits, Milk	24 Chicken & Dumplings, Carrots, Coleslaw, Roll, Peaches, Milk	25 Meatloaf, Mac & Cheese, Lima Beans, Roll, Pineapple-Orange Juice, Milk	26 Chicken Patty w/Gravy, Mashed Potatoes, Roll, Broccoli & Cheese Casserole, Cookies, Milk
29 RHSC & Lunch Sites CLOSED	30 Salisbury Steak, Navy Beans, Broccoli, Roll, Apple Slices, Milk	31 Pinto Beans, Collard Greens, Stewed Potatoes, Cornbread, Cookies, 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 704-431-7720
South Rowan - VFW Kannapolis 704-798-3038
Hispanic Lunch Club (2nd & 4th Wed.) 704-216-7702