

# Ruffy Holmes Senior Center

## Nutrition Program Menu

### February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Barbecue Boneless Pork Rib Squash & Onions Green Peas Apple Juice Wheat Roll Assorted Cookie Milk	<b>2</b> Hot Dog w/Chili Corn Barbecue Slaw Pears Bun Pudding Milk
<b>5</b> Baked Chicken w/gravy Green Beans Corn Dinner Roll Cranberry-Apple Juice Chocolate Fudge Round Milk	<b>6</b> Cheeseburger w/Chili Baked Beans Coleslaw Bun Peaches Milk	<b>7</b> Chicken Pie Collard Greens Fresh Apple Slices Dinner Roll Assorted Cookie Milk	<b>8</b> Baked Ham Broccoli w/Cheese Sauce Mashed Potatoes Orange Juice Cornbread Pudding Milk	<b>9</b> Chili Con Carne Rice Coleslaw Cornbread Fruit Cocktail Milk
<b>12</b> Barbecue Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Pudding Milk	<b>13</b> Hamburger Steak w/Gravy Mashed Potatoes Broccoli Casserole Applesauce Dinner Roll Orange Juice Milk	<b>14</b> Smoked Sausage w/Cabbage Crowder Peas Dinner Roll Peaches Milk	<b>15</b> Breaded Chicken Filet Baked Beans Lettuce & Tomato Slices Bun Fruited Gelatin Milk	<b>16</b> Chicken Alfredo w/Noodles Green Beans Pickled Beets Wheat Roll Pears Milk
<b>19</b> Hot Dog w/Sauerkraut Pintos Hot Sliced Apples Bun Fruited Gelatin Milk	<b>20</b> Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Mixed Fruit Milk	<b>21</b> Pimento Cheese Sandwich on Wheat Bread Chili Beans w/Crackers Fresh Orange Pudding Milk	<b>22</b> Spaghetti w/Meat Sauce Green Beans Tossed Salad w/Ranch Dressing Garlic Bread Pears Milk	<b>23</b> Pinto Beans Turnip Greens Macaroni & Cheese Cornbread Orange Juice Milk
<b>26</b> Pancakes w/Syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk	<b>27</b> Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding Milk	<b>28</b> Chicken Patty w/Gravy Okra & Tomatoes Corn Cornbread Fruited Gelatin Milk	<b>29</b> Smoked Sausage Rice Peas & Carrots Pears Dinner Roll Pudding Milk	

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

**“USDA is an equal opportunity provider and employer.”**