



August 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Pie. Steamed Rice. Okra & Tomatoes. Dinner Roll. Fruit Gelatin. Milk	2 Salisbury Steak. Navy Beans. Broccoli. Dinner Roll. Fresh Apple Slices. Milk	3 Pancakes w/Syrup. Scrambles Eggs. Sausage Links. Tater Tots. Orange Juice. Milk	4 Pepper Steak Supreme. Mashed Potatoes. Peas & Carrots. Dinner Roll. Pineapple Tidbits. Milk	5 Sweet & Sour Chicken. Macaroni & Cheese. Broccoli. Roll. Baked Apples. Milk
8 Sloppy Joe. Tater Tots. Coleslaw. Bun. Fruit Cup. Milk	9 Baked Chicken w/Gravy. Mashed Potatoes. Crowder Peas. Dinner Roll. Orange. Milk	10 Smoked Sausage. Macaroni & Cheese. Cabbage. Cornbread. Fruit Gelatin. Milk	11 Hot Dog w/Chili and Bun. Coleslaw. Corn. Diced Peaches. Milk	12 Chicken Alfredo w/ Noodles. Green Beans. Tossed Salad Dinner Roll. Pears. Milk.
15 BBQ Chicken. Rice. Stewed Tomatoes. Dinner Roll. Apple Slices. Milk	16 Swiss Steak. Mashed Potatoes. Broccoli & Cheese. Dinner Roll. Pineapple Tidbits. Milk	17 BBQ Pork w/ bun. Coleslaw. Corn. Cookie. Milk	18 Chopped Steak w/ Gravy. Steamed Rice. Green Beans. Dinner roll. Fruit Cup. Milk	19 Baked Ham. Pinto Beans. Turnip Greens. Cornbread. Pudding. Milk
22 Pancakes w/Syrup. Scrambles Eggs. Sausage Links. Tater Tots. Orange Juice. Milk	23 Fried Fish w/bun Okra & Tomatoes. Coleslaw. Peaches. Milk	24 Roast Turkey w/Gravy. Cornbread stuffing. Pickled Beets. Baked Apples. Grape Juice. Milk	25 Baked Chicken. Creamed Potatoes. Greens Peas. Roll. Pudding. Grape Juice. Milk	26 Lasagna. Tossed Salad w/ Peppers & Tomatoes. Garlic Bread. Mixed Fruit. Milk
29 Cheeseburger/w Bun. Tater Tots. Chocolate peanut bar. Milk	30 Spaghetti & Meat Sauce. Corn. Salad. Garlic Bread. Pineapples Tidbits. Milk	31 Chicken & Dumplings. Carrots. Coleslaw. Dinner Roll. Peaches. Milk	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 FOR DETAILS.	

RUFTY-HOLMES LUNCH CLUB SITES

Call Front Desk Staff for General Questions 704-216-7714

West Rowan - Lions Club 704-798-3100
East Rowan - Shiloh UMC 704-798-3058
John Calvin Presbyterian Church 704-798-3093

Lafayette Community Center 704-636-7758
South Rowan - VFW Kannapolis 704-798-3038
Hispanic Lunch Club 704-216-7702