




Rufty Holmes Senior Center Lunch Clubs

May 2021 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hawaiian Chicken over yellow rice, Collard greens carrots, Fruit Juice and Milk	4 Baked Spaghetti, corn wheat roll, fruit Juice and Milk	5 Salisbury Steak w/gravy oven browned potatoes, Spinach Roll, fruit Juice and Milk	6 BBQ Chicken over rice, Green Peas, Carrots, fruit Juice and Milk	7 Cheesy Beef & Mac Casse- role, green beans, Cabbage, roll, fruit Juice and Milk
10 Meatloaf w/gravy Mashed Potatoes, stewed tomatoes roll, fruit Juice and Milk	11 Teriyaki Chicken, Diced potatoes, corn, roll Fruit juice and milk	12 Mac & Cheese w/ham cabbage, broccoli, roll Fruit Juice and milk	13 Pulled pork, Lima beans, collard greens, bun, Fruit Juice and milk	14 Chicken & rice casserole, broccoli, baked apples, Fruit juice and milk
17 Beef & Macaroni casserole carrots, green beans, Fruit juice and milk	18 Hamburger w, gravy, Baked beans, diced potatoes, roll. Fruit juice and milk	19 Carved Turkey w/gravy, cabbage, and broccoli, roll Fruit juice and milk	20 Chicken & Biscuit Pan Pie, Collard greens, corn, roll Fruit juice and milk	21 Mac & Cheese, sauteed mushrooms, cherry crisp, roll, Fruit juice and milk
24 Smothered Hamburger Patty, Turnip greens, mashed potatoes, Roll fruit juice and milk	25 Sloppy Joe on bun, Lima beans parsley potatoes. Fruit juice and milk	26 Chicken Parmesan, corn, spinach, roll, Fruit juice and milk	27 Beef stroganoff over noodles, lima beans, baked apples with apples w/ raisins, roll, Fruit juice and	28 Baked Spaghetti, baked beans, Hot apple crisp, roll. Fruit juice and milk
31 CLOSED  memorial DAY	All Lunch clubs are open for Hot Grab and Go	Kannapolis Lunch Site now open 704-798-3038	Call 704-216-7702 To register as a new client, ask for Michele Sweatt	