

# Ruffy Holmes Senior Center Lunch Clubs

## July 2021 Menu

CAFÉ is now open Mondays 8:30am-12:00pm & Tuesdays 12:30pm-3:00pm.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call 704-216-7702</p> <p>To register as a new client, ask for Michele Sweatt.</p>			<p>1 Baked Spaghetti, Broccoli, Corn, Wheat Roll, Milk and Juice</p>	<p>2 Hotdog, Baked Beans, Oven Brown Potatoes, Milk and Juice</p>
<p>5 <b>CLOSED</b></p>	<p>6 Sloppy Joe, Squash, Zucchini, Roll, Parsley Potatoes, Milk and Juice</p>	<p>7 Chicken Parmesan, Potatoes, Spinach, Roll, Milk and Juice</p>	<p>8 Beef Stroganoff Over Noodles, Squash Medley, Baked Apples w/Raisins, Milk and Juice</p>	<p>9 BBQ Chicken, Yellow Rice, Hot Cinnamon Peaches, Roll, Milk and Juice</p>
<p>12 Smothered Hamburger Patty, Diced Potatoes, Stewed Tomatoes, Roll, Milk and Juice</p>	<p>13 Chicken Teriyaki, Green Beans, Cheesy Potatoes, Roll, Milk and Juice</p>	<p>14 Pinto Beans, Collard Greens, Mac &amp; Cheese, Roll, Milk and Juice</p>	<p>15 Pulled Pork BBQ w/ Bun, Baked Beans, Peach Cobbler, Milk and Juice</p>	<p>16 Chicken Fettuccini Alfredo, Spinach, Carrots, Roll, Milk and Juice</p>
<p>19 Smothered Veal w/ Gravy, Mashed Potatoes, Carrots, Roll, Milk and Juice</p>	<p>20 Baked Spaghetti, Fried Okra, Green Peas, Milk and Juice</p>	<p>21 Sliced Ham w/Glaze, Black-Eyed Peas, Warm Potato Salad, Roll, Milk and Juice</p>	<p>22 Chicken Ranch Casserole, Green Beans, Corn, Milk and Juice</p>	<p>23 Pork Loin w/ Glaze, Dill Potatoes, Steamed Cabbage, Roll, Milk and Juice</p>
<p>26 Hawaiian Chicken. Rice, Collard Greens, Carrots, Milk and Juice</p>	<p>27 Ham &amp; Mac Casserole, Squash, Blueberry Cobbler, Milk and Juice</p>	<p>28 Hamburger w/Gravy, Oven Potatoes, Green Beans, Roll, Milk and Juice</p>	<p>29 Chicken Stroganoff, Noodles, Cauliflower, Carrots, Roll, Milk and Juice</p>	<p>30 Cheese Beef &amp; Mac Casserole, Green Beans, Cabbage, Milk and Juice</p>

### RUFTY-HOLMES LUNCH CLUB SITES

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

West Rowan- Lions Club

704-798-3100

Lafayette Community Center

704-636-7758

East Rowan- Shiloh UMC

704-798-3058

North Rowan- Shady Grove Baptist

704-216-7702

John Calvin- Presbyterian Church

704-798-3093

South Rowan- VFW Kannapolis

704-798-3038