

# Rufty Holmes Senior Center

## Nutrition Program Menu

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sloppy Joe Slaw Oven Tots w/Cheese Bun Fresh Fruit - Strawberries/Grapes Milk	2 BBQ Chicken Green Beans Mac-n-Cheese Bread Fruit - Bananas Milk	3 Ham Salad Wheat Bread 3 Bean Salad Fruit Cup Milk	4 Hamburger - Bun Let/Tom/Onion Baked Beans Pickle Chips & Cookie Milk
7 Spaghetti Casserole Steamed Summer Vegetables Garlic Bread Jello Fruit Cup Milk	8 Roasted Chicken Thigh Black Eye Peas Honey Carrots Roll Orange Dreamsicle Milk	9 Pork Pulled in Gravy Sweet Potato Mash Roasted Pepper&Onions Roll Cherry Yum	10 Hamburger Steak w/ Sauteed Onions Potato Salad Seven Layer Salad Bread Fresh Fruit - Mix Milk	11 BBQ Riblet Chips Coleslaw Bun Cookie Milk
14 Baked Ham Green Beans Mac n Cheese Bread Strawberry Yum Milk	15 Lemon Herb Pork Orzo Stew Squash&Onions Bread Fresh Grapes & Cantaloupe Milk	16 Salisbury Steak Oven Potato(Chunky) Green Peas Roll Fresh - Apple Milk	17 Fish Sandwich Chips Coleslaw Bun Pineapple Delite Milk	18 GOOD FRIDAY CLOSED
21 Gr. Chicken Sand Bun Let/Tom/Pickle Oven Potato Frui Milk	22 Chopped Pork BBQ Red Slaw Potato Salad Bun Fresh Fruit - Orange Milk	23 Sweet &Sour Chicken Fried Rice Honey Carrots Fresh Fruits - Blend Milk	24 Baked Fish Orzo Stewed Okra & Tomato Bread Fruit Cup - Peaches Milk	25 Turkey & Cheese Sub Roll Let/Tom/Pickles Chips Cookie Milk
14 Hot Dog Chili/Slaw/Onion Rosemary Fries Bun Fresh Fruit- Strawberries & Blueberries Milk	29 Chicken Alfredo in Rotini Mixed Vegetables Garlic Bread Applesauce Cups Milk	30		

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

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