


Ruffy Holmes Senior Lunch Clubs
February 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked Chicken (leg & thigh), Broccoli & Cauliflower Medley, Apple Juice, Black-Eyed Peas, Wheat Roll, Sugar Cookies (2), Milk	2 Beef Stew w/ Vegetables, Hot Harvard Beets, Peaches, Rice, Roll, Margarine, Lemon Pudding, Milk
5 Lasagna, Tossed Salad w/ Dressing, Orange Juice, Garlic Bread, Apple Cobbler, Milk	6 Chicken & Dumplings, Buttered Carrots, Mixed Fruit, Cornbread, Margarine, Milk	7 Baked Sliced Ham w/ Pineapple Juice, Broccoli Casserole, Pineapples, Sweet Potato Patties, Roll, Margarine, Milk	8 BBQ Meatballs, Squash Casserole, Apple Juice, Green Peas, Wheat Roll, Chocolate Chip Cookies (2), Milk	9 Sliced Roast Turkey Breast w/ Gravy, Green Beans, Rice, Roll, Margarine, Butterscotch Pudding, Milk, Cranberry Sauce
12 Sloppy Joe, Coleslaw, Melon, Oven Roasted Potatoes, Milk	13 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Milk, Mustard, Ketchup	14 Oven Fried Chicken Breast, Broccoli Spears w/ Cheese Sauce, Cranberry Juice, New Sliced Potatoes, Wheat Roll, Margarine, Strawberry Shortcake, Milk	15 Baked Sliced Ham, Collard Greens, Orange Juice, Great Northern Beans, Wheat Roll, Banana Pudding, Milk, Vinegar, Onions	16 Chili Con Carne, Coleslaw, Fruit Cocktail, Rice, Cornbread, Margarine, Milk
19 Oven Fried Chicken Breast, Honey Glazed Carrots, Apple Juice, Crowder Peas, Cornbread, Margarine, Chocolate Pudding, Milk	20 Hamburger Steak w/ Mushroom Gravy, Broccoli Casserole, Peaches, Mashed Potatoes, Roll, Margarine, Milk	21 Stew Beef w/ Gravy, Mixed Greens, Orange Juice, Rice, Wheat Roll, Margarine, Fruited Gelatin, Milk	22 Chicken Filet Sandwich w/ Lettuce & Tomato, Applesauce, Baked Beans, Mayonnaise, Milk	23 Beef Stroganoff, Green Beans, Hot Harvard Beets, Wheat Roll, Margarine, Pears, Milk
26 Grilled Pork Cutlet w/ Gravy, Sauerkraut, Hot Sliced Apples, Cheese Grits, Wheat Roll, Lime Gelatin, Milk	27 Spaghetti, Tossed Salad w/ Dressing, Green Beans, Garlic Bread, Pears, Milk	28 Meatloaf w/ Tomato Sauce, Broccoli Casserole, Orange Juice, Whipped Potatoes, Wheat Roll, Margarine, Milk	