




The Henry E. Ruffy - Maden C. Holmes  
Senior Center  
"Adding Life to Years"  
Nutrition Program

## Ruffy-Holmes Senior Lunch Clubs

### March 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Oven Fried Chicken Breast w/ Gravy, Spinach, Apple Juice, Rice, Cornbread, Margarine, Milk	2 Oven Fried Fish, Steamed Cabbage, Fruit Cocktail, Oven Browned Potatoes, Cornbread Tartar Sauce, Bread Pudding, Milk
5 Beef Stew w/ Mixed Vegetables, Hot Harvard Beets, Peaches, Rice, Roll, Margarine, Lemon Pudding, Milk	6 Chicken Pot Pie w/ Mixed Vegetables, Broccoli Casserole, Orange Juice, Whipped Potatoes, Roll, Margarine, Milk	7 Pinto Beans, Turnip Greens, Orange Juice, Macaroni & Cheese, Cornbread, Margarine, Milk, Raw Onions	8 Cube Steak w/ Gravy, Green Beans, Fruit Cocktail, Whipped Potatoes, Roll, Margarine, Milk	9 Baked Chicken (Leg & Thigh), Broccoli & Cauliflower Medley, Apple Juice, Black-Eyed Peas, Roll, Sugar Cookies, Milk
12 Lasagna, Tossed Salad w/ Reduced Fat Dressing, Orange Juice, Garlic Bread, Apple Cobbler, Milk	13 Chicken & Dumplings, Buttered Carrots, Mixed Fruit, Cornbread, Margarine, Milk	14 Baked Sliced Ham w/ Pineapple Juice, Broccoli Casserole, Pineapple Slices, Sweet Potato Patties, Roll, Margarine, Milk	15 BBQ Meatballs, Squash Casserole, Apple Juice, Green Peas, Wheat Roll, Choc. Chip Cookies, Milk	16 Sliced Roast Turkey Breast w/ Gravy, Green Beans, Rice, Roll, Margarine, Butterscotch Pudding, Milk, Cranberry Sauce
19 Baked Chicken w/ Gravy (leg & thigh), Broccoli & Cheese, Cranberry Juice, Corn, Roll, Margarine, Milk	20 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Milk, Mustard, Ketchup	21 BBQ Beef Sandwich, Tossed Salad w/ Reduced Fat Dressing, Hot Sliced Apples, Black-Eyed Peas, Milk	22 Baked Sliced Ham, Collard Greens, Orange Juice, Great Northern Beans, Roll, Banana Pudding, Milk, Onions	23 Chili Con Carne (8 oz), Coleslaw, Fruit Cocktail, Rice, Cornbread, Margarine, Milk
26 Oven Fried Chicken Breast, Honey Glazed Carrots, Apple Juice, Crowder Peas, Cornbread, Margarine, Choc Pudding, Milk	27 Hamburger Steak w/ Mushroom Gravy, Broccoli Casserole, Sliced Peaches, Mashed Potatoes, Roll, Margarine, Milk	28 Stew Beef w/ Gravy, Mixed Greens, Orange Juice, Rice, Wheat Roll, Margarine, Fruited Gelatin, Milk	29 Honey Baked Ham in Pineapple Juice, Green Beans Almandine, Orange Juice, Scalloped Sweet Potatoes w/ Apples, Yeast Roll, Decorated Cupcakes, Milk	30 Closed for Good Friday