


Rufty Holmes Senior Lunch Clubs

December 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pinto Beans, Okra & Tomatoes, Orange Juice, Macaroni & Cheese, Cornbread, Milk, Raw Onions	4 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Cookies, Milk, Mustard, Ketchup	5 Fried Fish Filet, Macaroni & Cheese, Okra & Tomatoes, Mixed Fruit, Milk, Tartar Sauce, Cornbread,	6 Chicken Dumplings, Green Beans, Carrot Raisin Salad, Peach Cobbler, Milk, Roll	7 Chili Con Carne, Coleslaw, Cornbread, Margarine, Baked Apples, Milk
10 Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Garlic Bread, Cherry Cobbler, Milk, Parmesan Cheese	11 Chicken Filet w/ Lettuce & Tomato, Honey Carrots, Cranberry Juice, Baked Beans, Mayonnaise, Pears, Milk	12 Chicken Pie w/ Mixed Vegetables, Green Beans, Peaches, Roll, Margarine, Milk	13 Baked Chicken w/ Gravy, Broccoli w/Cheese, Cranberry Juice, Corn, Roll, Margarine, Milk	14 Beef Stroganoff, Peas & Carrots, Pears, Roll, Chocolate Pudding, Milk
17 Chicken Pot Pie w/ Mixed Vegetables, Green Beans, Peaches, Roll, Margarine, Milk	18 BBQ Meatballs, Squash Casserole, Apple Juice, Green Peas, Wheat Roll, Chocolate Chip Cookies, Mil	19 Chicken Salad /Lettuce & Tomato, Veggie Pasta, Whole Wheat Bread (2), Banana Pudding, Milk	20 Sliced Ham in Fruit Sauce Green Peas w/ Pearl Onions, Orange Juice, Sweet Potato Souffle', Roll, Margarine, Red Velvet Cake, Milk	21 Fried Chicken Breast, Green Beans, Peaches, Potato Salad, Wheat Bread, Cookies, Milk, Apple Juice
24 Closed for the Christmas Holiday	25 	26 Closed for the Christmas Holiday	27 Beef Stew w/ Mixed Vegetables, Harvard Beets, Rice, Roll, Margarine, Brownie, Milk	28 Pinto Beans, Turnip Greens, Orange Juice, Macaroni & Cheese, Cornbread, Margarine, Milk, Vinegar
31 Pork Loin w/ Gravy, Collard Greens, Cranberry Juice, Black-Eyed Peas, Cornbread, Margarine, Escaloped Apples, Milk, Vinegar				