

Rufty Holmes Senior Lunch Clubs

February 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Filet Sandwich w/ Lettuce & Tomato, Honey Carrots, Cranberry Juice, Baked Beans, Mayonnaise, Pears, Milk
4 BBQ Pork Sandwich, BBQ Slaw, Harvard Beets, Baked Lays Potato Chips, Blueberry Cobbler, Milk	5 Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Garlic Bread, Cherry Cobbler, Parmesan Cheese, Milk	6 Hot Dog w/ Chili & Onions. Coleslaw, Apple Juice, Baked Beans, Sugar Cookies, Milk, Mustard, Ketchup	7 Chicken Salad on Lettuce & Tomato, Veggie Pasta, Wheat Bread, Banana Pudding, Milk	8 Pinto Beans, Okra & Tomatoes, Orange Juice, Macaroni & Cheese, Cornbread, Milk, Raw Onions
11 BBQ Meatballs, Squash Casserole, Apple Juice, Green Peas, Wheat Roll, Chocolate Chip Cookies, Milk	12 Chicken Pot Pie, Stewed Squash, Brussels Sprouts, Wheat Roll, Strawberry Shortcake, Milk	13 Baked Pork Chop w/ Gravy, Cabbage, Applesauce, Rice, Roll, Margarine, Milk	14 Lasagna, Tossed Salad w/ Reduced Fat Dressing, Garlic Bread, Fruited Gelatin, Milk	15 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Milk, Mustard, Ketchup
18 Chicken Dumplings, Mixed Greens, Stewed Apples, Roll, Margarine, Fig Bar, Milk	19 Turkey Smoked Sausage, Steamed Cabbage, Fruit Cocktail, Sliced New Potatoes, Cornbread, Chocolate Pudding, Milk	20 Oven Fried Chicken Breast w/ Gravy, Spinach, Apple Juice, Rice, Cornbread, Margarine, Milk	21 Ham & Cheese Sandwich w/ Lettuce & Tomato, Peaches, Potato Salad, Mayonnaise, Fig Bar, Milk Mustard	22 Chili Con Carne, Coleslaw, Cornbread, Margarine, Baked Apples, Milk
25 Pepper Steak w/ Peppers, Onions, and Gravy, Green Beans, Rice, Biscuit, Margarine, Peaches, Milk	26 Turkey Sandwich, Vegetable Beef Soup, Crackers, Wheat Bread, Mayonnaise, Lemon Pudding, Milk	27 Oven Fried Chicken Breast w/ Gravy, Spinach, Apple Juice, Rice, Cornbread, Margarine, Milk	28 Cube Steak w/ Gravy, Green Beans, Fruit Cocktail, Whipped Potatoes, Roll, Margarine, Milk	