

**RUFTY-HOLMES SENIOR CENTER**  
**MARCH LUNCH CLUB MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Reservations must be made one day ahead at the site you wish to attend.</b></p>	<p><b>For General Questions:</b>            Contact the Center's Nutrition Manager  <b>704-216-7702</b>  <a href="mailto:nutrition@ruftyholmes.org">nutrition@ruftyholmes.org</a></p>			<p>1            Hot Dog w/ Chili &amp; Onions, Coleslaw, Apple Juice, Baked Beans, Cookies, Milk, Ketchup, Mustard</p>
<p>4            Chicken Filet Sandwich w/ Lettuce &amp; Tomato, Carrots, Cranberry Juice, Baked Beans, Mayo, Pears, Milk</p>	<p>5            BBQ Boneless Pork Rib, Cabbage, Orange Juice, Hashed Brown Casserole, Cornbread, Mandarin Oranges, Milk</p>	<p>6            Ham &amp; Cheese Sandwich w/ Lettuce &amp; Tomato, Peaches, Potato Salad, Mayo, Nutri-Grain Bar, Milk, Mustard</p>	<p>7            Hamburger Steak in Mushroom Gravy, Broccoli Casserole, Peaches, Mashed Potatoes, Roll, Margarine, Milk</p>	<p>8            Pinto Beans, Orange Juice, Macaroni &amp; Cheese, Okra &amp; Tomatoes, Cornbread, Milk, Onions</p>
<p>11            Chicken and Dumplings, Mixed Greens, Stewed Apples, Roll, Margarine, Fig Bar, Milk</p>	<p>12            Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Orange Juice, Garlic Bread, Peach Cobbler, Milk</p>	<p>13            Baked Chicken w/ Gravy (Leg &amp; Thigh), Mixed Greens, Orange Juice, Whipped Potatoes, Roll, Cookies, Milk, Vinegar</p>	<p>14            Beef-A-Roni, Green Beans, Green Peas, Peaches, Italian Bread, Peanut Butter Cookies, Milk, Parmesan Cheese</p>	<p>15            Chicken Salad on Lettuce &amp; Tomato, Veggie Pasta, Whole Wheat Bread, Banana Pudding, Milk</p>
<p>18            Chili Con Carne, Coleslaw, Cornbread, Margarine, Baked Apples, Milk</p>	<p>19            Ham &amp; Cheese Sandwich w/ Lettuce &amp; Tomato, Peaches, Potato Salad, Mayo, Nutri-Grain Bar, Milk, Mustard</p>	<p>20            Chicken Pot Pie w/ Mixed Vegetables, Broccoli Florets, Roll, Strawberry Shortcake, Milk</p>	<p>21            BBQ Chicken (leg &amp; thigh), Squash Casserole, Apple Sauce, Lima Beans, Roll, Milk</p>	<p>22            Oven Fried Fish Filet, Cabbage, Fruit Cocktail, Oven Potatoes, Cornbread, Tartar Sauce, Bread Pudding, Milk</p>
<p>25            Cheeseburger w/ Lettuce &amp; Tomato, Peaches, Baked Beans, Milk, Ketchup, Mustard</p>	<p>26            Hot Dog w/ Chili &amp; Onions, Coleslaw, Apple Juice, Baked Beans, Sugar Cookies, Milk, Ketchup</p>	<p>27            Baked Chicken Breast w/ Gravy, Broccoli Casserole, Citrus Salad, Whipped Potatoes, Roll, Fruit Nutri-Grain Bar, Milk</p>	<p>28            Stew Beef w/ Gravy, Peas &amp; Carrots, Orange Juice, Rice, Wheat Roll, Margarine, Orange Cake, Milk</p>	<p>29            Pinto Beans, Orange Juice, Macaroni &amp; Cheese, Okra &amp; Tomatoes, Cornbread, Milk, Onions</p>