

Join the Fun!

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030

VOLUNTEERS NEEDED! Servers, after lunch clean up, etc.

Please see office staff to inquire

Meals on Wheels - 392.2016

Lunch Reservations Required
60+ voluntary \$3.00 donation
Under 60 \$6.00

APRIL

SENIOR MENU 2024

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Tamale Pie Spinach Salad Watermelon WW Roll Milk	Chicken Posole Green Salad Cantaloupe Corn Tortilla Milk	Chicken Fajitas Pinto Beans Spanish Rice Flour Tortilla Orange Slices Milk	Scrambled Eggs Sausage Link Potatoes Citrus Salad Biscuit Milk	Turkey Stuffed Bellpeppers Green Beans Carrot Raisin Salad WW Roll Mixed Fresh Fruit Milk
8	9	10	11	12
Pasta w/ Italian Meat Sauce Italian Green Beans Fresh Fruit Salad WW Roll Milk	Chicken Fried Steak Mashed Potatoes Broccoli WW Roll Watermelon Milk	Cili Beans Cantaloupe Perfection Salad Cornbread Orange Slices Milk	Baked Potato w/ The Works Fruit Salad Mixed Vegetables Pinto Beans WW Roll Milk	Baked Fish Peas & Carrots Cantaloupe WW Roll Rice Pilaf Milk
15	16	BIRTHDAY PARTY! 17	18	19
Baked Chicken Mashed Potatoes Carrots WW Roll Vanilla Pudding Milk	Beef Stew Peas & Cheese Salad Mixed Fresh Fruit WW Roll Milk	Deep Pit Beef Coleslaw Pineapple Mixed Vegetables WW Roll Birthday Cake Milk	Pork Loin Steamed Cabbage Garlic Red Potatoes WW Roll Milk	Chef Salad w/Ham, Turkey, Cheese, Egg, Tomato, Cucumber Cantaloupe Low Sodium Crackers Jello Milk
22	23	24	25	26
Chicken Pot Pie Spinach Salad Fresh Fruit Biscuit Milk	Spaghetti w/Turkey Meat Sauce Peas & Carrots Green Salad Orange Slices Milk	Tuna Salad Two Bean Salad Watermelon Saltine Crackers Milk	Orange Chicken Broccoli Steamed Rice Applesauce WW Roll Milk	Chile Verde Cantaloupe Pinto Beans Corn Tortilla Milk
29	30			
Meatballs w/Gravy Broccoli Steamed Rice Watermelon WW Roll Milk	Baked Potato w/Ground Beef Chili Zucchini Cantaloupe WW Roll Milk			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8:45 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rodgers & the Guys 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rodgers & the Guys 12:00 - Lunch 1:00 - Grocery BINGO	8:45 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 10:00 - Live Music & Dancing: Ed Rodgers & the Guys 12:00 - Lunch 1:00 - Senior Afternoon Movie	9:00 - Cards in the Library 9:00 - Crochet 9:00 - Exercise w/ Ruth (\$5) 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	8:45 - Exercise Class 9:00 - Painting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
8	9	10	11	12
8:45 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rodgers & the Guys 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rodgers & the Guys 12:00 - Lunch 1:00 - Grocery BINGO	8:45 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 10:00 - Live Music & Dancing: Tony Ernst Trio 12:00 - Lunch	9:00 - Cards in the Library 9:00 - Crochet 9:00 - Exercise w/ Ruth (\$5) 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	8:45 - Exercise Class 9:00 - Painting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
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8:45 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rodgers 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 9:00 - AARP Safe Driver Course 10:00 - Live Music & Dancing: Ed Rodgers & the Guys 12:00 - Lunch 1:00 - Grocery BINGO	8:45 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 10:00 - Live Music & Dancing: Country George 12:00 - Lunch 1:00 - Senior Marketplace	9:00 - Cards in the Library 9:00 - Crochet 9:00 - Exercise w/ Ruth (\$5) 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	8:45 - Exercise Class 9:00 - Painting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
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