

JULY

SENIOR MENU 2026

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030

VOLUNTEERS NEEDED! Front sign in desks, servers, after lunch clean up, etc.

Please see office staff to inquire

Meals on Wheels - 392.2016

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Chicken Salad Sandwich Carrot Salad Watermelon WW Bread Apple Juice Milk	Chicken Fajitas Fajita Vegetables Orange Spanish Rice Corn Tortillas Pinto Beans Milk	CLOSED FOR 4TH OF JULY
6	7	8	9	10
Pasta w/meat sauce Italian Green Beans Spinach Salad WW Roll Orange Milk	Chicken Fried Steak Mashed Potatoes Broccoli WW Roll Watermelon Milk	Pork Loin Mixed Vegetables Mashed Potatoes WW Roll Cantaloupe Milk	Gumbo Soup Citrus Salad Apple Waldorf Salad WW Roll Milk	Baked Fish Honeydew Peas & Carrots Steamed Rice WW Roll Milk
13	14	BIRTHDAY PARTY! 15	16	17
Beef Patty Mashed Potatoes Carrots WW Roll Honeydew Milk	Baked Potato w/chili verde Pinto Beans Peas & Carrots WW Roll Apple Sauce Milk	Roast Turkey Mashed Potatoes Broccoli WW Roll Apple Sauce Milk	Tuna Salad Sandwich Carrot Salad Watermelon Apple Juice Milk	Chef's Salad Mixed Greens Tomatoes + Cucumber WW Roll Apple Juice Cantaloupe Milk
20	21	22	23	24
Meatballs and Gravy Carrots Cantaloupe WW Roll Milk	BBQ Chicken Mashed Potatoes Steamed Corn Orange WW Roll Milk	Cold Plate Tuna Salad Coleslaw Watermelon WW Roll Milk	Chicken Pot Pie Whole Grain Salad Citrus Salad Biscuit Milk	Kielbasa Sausage Roasted Potatoes Steamed Cabbage WW Roll Milk
27	28	29	30	31
Beef Taco Salad Steamed Corn Orange Corn Tortilla Black Beans Milk	Turkey Patty Peas & Carrots Roasted Potatoes WW Roll Cantaloupe Milk	Italian Chicken Broccoli Mixed Veggies WW Roll Steamed Rice Milk	Pork Stir Fry Stir Fry Veggies Perfection Salad WW Roll Steamed Rice Milk	Beef Stew Green Salad Watermelon Corn Bread Apple Juice Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	FOURTH OF JULY PARTY! 2	3
		9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	CLOSED FOR 4TH OF JULY
6	7	8	9	10
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
13	14	BIRTHDAY PARTY! 15	16	17
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 9:00: Senior Marketplace 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 9:30: Health Fair 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
20	21	22	23	24
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
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