

*Join the Fun!*

# SEPTEMBER

## SENIOR MENU 2024

**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
2	3	4	5	6
<b>CLOSED LABOR DAY</b>	Pork Stir Fry Steamed Rice Green Salad Bread Pudding Milk	Chicken and Pasta Broccoli Sliced Orange Steamed Carrots WW Roll Milk	Chili Beans Spinach Salad Mixed Fresh Fruit Corn Bread Milk	Parmesan Turkey Patty Red Potatoes Zucchini Watermelon WW Roll Milk
	9	10	11	12
Meatball w/Gravy Steamed Rice Mixed Vegetables WW Roll Vanilla Pudding Milk	Baked Potato w/Chili Cantaloupe Zucchini WW Roll Milk	Scrambled Egg w/ Sausage Breakfast Potatoes Fresh Fruit Biscuit Milk	Baked Fish Pineapple Salad Steamed Rice Mixed Vegetables WW Roll Milk	Turkey Stuffed Bell Peppers Green Beans Fresh Fruit WW Roll Pudding Milk
16	17	<b>HAPPY BIRTHDAY!</b> 18	19	20
Beef Stew Green Salad Melon Corn Bread Milk	Cold Plate Tuna Salad Spinach Salad Coleslaw Sliced Orange Saltine Crackers Milk	Roast Turkey Garlic Mashed Potatoes Peas & Carrots WW Roll Cake Milk	Beef Lasagna Green Salad Fruit Salad Mixed Vegetables WW Roll Milk	Chicken Fajita Salad Lettuce Fresh Fruit Corn Tortilla Strips Milk
23	24	25	26	27
Chicken Pot Pie Coleslaw Fresh Fruit Biscuit Milk	Pasta w/Meat Sauce Green Beans Mixed Fresh Fruit Spinach Salad Milk	Gumbo Soup Honeydew Melon Citrus Salad WW Roll Milk	Pork Loin Chop Brown Rice Peas & Carrots Apple Sauce WW Roll Milk	Chef Salad Oranges Saltine Crackers Vanilla Pudding Milk
30				
Ground Beef Pasta w/Gravy Mixed Melon Mixed Vegetables Milk				

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## RASMUSSEN SENIOR CENTER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>CLOSED LABOR DAY</b>	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & Guys 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: Ed Rogers & Guys 12:00 - Lunch	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$5) 9:30 - Loteria 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	9:00 - 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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