



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 2026

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Chicken Fajitas Pinto Beans Fajita Veggies Spanish Rice Corn Tortilla Orange Milk	Scrambled Eggs Sausage Link Roasted Potatoes Cantaloupe WW Roll Milk	Beef Lasagna Peas & Carrots Green Salad WW Roll Apple Juice Milk
6	7	8	9	10
Pasta w/meat Sauce Italian Green Beans Green Salad WW Roll Apple Juice Milk	Chicken Fried Steak Mashed Potatoes Broccoli WW Roll Watermelon Milk	Pork Loin Mixed Veggies Mashed Potatoes WW Roll Orange Milk	Gumbo Soup Perfection Salad Whole Grain Salad Biscuit Apple Juice Milk	Baked Fish Honeydew Melon Peas & Carrots WW Roll Steamed Rice Milk
13	14	BIRTHDAY PARTY! 15	16	17
Beef Patty Mashed Potatoes Carrots WW Roll Milk	Turkey Meatloaf Roasted Potatoes Steamed Cabbage WW Roll Cantaloupe Milk	Roast Turkey Mashed Potatoes Broccoli WW Roll Cake Milk	Tuna Sandwich Carrot Salad Watermelon WW Bread Milk	Chef's Salad Green Salad Apple Salad WW Roll Apple Juice Milk
20	21	22	23	24
Meatballs & Gravy Steamed Carrots Honeydew Melon WW Roll Steamed Rice Milk	BBQ Chicken Mashed Potatoes Corn WW Roll Orange Milk	Cold Plate Tuna Coleslaw Cantaloupe WW Roll Milk	Chicken Pot Pie Whole Grain Salad Citrus Salad Biscuit Milk	Baked Potato Pinto Peas & Carrots WW Roll Applesauce Milk
27	28	29	30	
Beef Taco Salad Green Salad Corn Orange Corn Tortilla Black Beans Milk	Turkey Patty Peas & Carrots Mashed Potatoes WW Roll Apple Juice Milk	Italian Chicken Broccoli Cantaloupe WW Roll Steamed Rice Milk	Beef Stew Whole Grain Salad Mixed Fruit Corn Bread Apple Juice Milk	

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		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 1:00: Gametime 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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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 1:00: Gametime 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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