

**JOIN THE FUN!**

# MARCH

## 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
				<b>1</b>
				Chicken & Pasta Broccoli Steamed Carrots Sliced Oranges WW Roll Milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Meatball w/Gravy Fresh Fruit Mix Mixed Vegetables WW Roll Vanilla Pudding Milk	Baked Potato Chili w/Ground Beef Cantaloupe Zucchini WW Roll Milk	Scrambled Egg w/Sausage Breakfast Potatoes Fresh Fruit Biscuit Milk	Chili Beans Spinach Salad Cantaloupe Corn Bread Milk	BBQ Chicken Pinto Beans Fresh Fruit Broccoli WW Roll Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>ST. PATRICK'S DAY PARTY! 15</b>
Taco Ground Turkey w/Meat Coleslaw Pinto Beans Watermelon Tortilla Milk	Cold Plate Tuna Salad Spinach Salad Peas & Cheese Salad Sliced Orange WW Roll Milk	Cheese Enchilada Casserole Spanish Rice Pinto Beans Ambrosia Salad Milk	Beef Stew Green Salad Melon Corn Bread Milk	Orange Chicken Broccoli Cantaloupe WW Roll Steamed Rice Milk
<b>18</b>	<b>19</b>	<b>HAPPY BIRTHDAY! 20</b>	<b>21</b>	<b>EASTER PARTY! 22</b>
Stir Fry Chicken Watermelon Stir Vegetables WW Roll Vanilla Pudding Cantaloupe Milk	Ground Beef Over Noodles Green Beans Mixed Fresh Fruit Spinach Salad Pasta Milk	Turkey w/ Gravy Mashed Potatoes Zucchini Cake Milk	Chicken Pot Pie Green Salad Biscuit Jello w/ Fruit Milk	Shredded BBQ Chicken Sandwich Carrot Salad Pinto Beans Mixed Fruit Hamburger Bun Milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Baked Chicken Mashed Potatoes Mixed Vegetables Honeydew WW Roll Milk	Gumbo Soup Spinach Salad Fresh Fruit Salad WW Roll Milk	Spaghetti w/Turkey Meat Green Salad Green Beans Cantaloupe Milk	Tuna Salad Sandwich Carrot Raisin Salad Fresh Fruit WW Bread Milk	Chicken Lasagna Peas Green Salad WW Roll Pudding & Vanilla Wafers Milk

**JOIN THE FUN!**

# MARCH

## RASMUSSEN SENIOR CENTER 2024

*\*2nd Wednesday of the month: Nutrition Meeting 1:00pm, Senior Alliance Meeting 1:30pm*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				8:45 - Exercise Class 9:00 - Painting Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
8:45 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & the Guys 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & the Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Cards in the Library 9:00 - Crafts 10:00 - Live Music & Dancing: Special Guest Mario Carboni 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 Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>ST. PATRICK'S DAY PARTY! 15</b>
8:45 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Cards in the Library 9:00 - Crafts 10:00 - Live Music & Dancing: Tony Ernst Trio 12:00 - Lunch 1:00 - Senior Afternoon Movie: Viva Las Vegas	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$5) 10:00 - Live Music: 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 Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>18</b>	<b>19</b>	<b>HAPPY BIRTHDAY! 20</b>	<b>21</b>	<b>EASTER PARTY! 22</b>
8:45 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & the Guys 12:00 - Lunch	9:00 - Cards in the Library 9:00 - Sewing/Quilting 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Cards in the Library 9:00 - Crafts 9:00 - Senior Marketplace 10:00 - Live Music & Dancing: Tony Ernst Trio 12:00 - Lunch	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$5) 10:00 - Live Music: 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 Class 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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