

**JOIN THE FUN!**

**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

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

**WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Turkey Patty Parmesan Gralic Mashed Potatoes Peas & Carrots Watermelon Milk	Mac N Cheese Peas Carrot Salad Apple Cobbler Milk	Chili Baked Potato Mixed Vegetables Green Salad Cantaloupe Milk	Chicken Pot Pie Pickled Bean Salad Biscuit Jello w/Fruit Milk	Chicken Fajitas Pinto Beans Spanish Rice Fajita Vegetables Tortilla Orange Slices Milk
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Meatball w/Gravy Rice Mixed Vegetables WW Roll Vanilla Pudding Milk	Spaghetti w/ Marinara Sauce Green Salad Italian Green Beans Fruit Cocktail Milk	Cheese Enchilada Casserole Spanish Rice Pinto Beans Watermelon Milk	Beef Stew Carrot Raisin Salad Cornbread Apple Waldorf Salad Milk	Fish Potato Wedges Broccoli Cornbread Cantaloupe Milk
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Chicken N Pasta Peas & Carrots Copper Penny Salad Bread Pudding Milk	Ham & Lima Beans Green Salad Fruit Salad Cornbread Milk	<b>BIRTHDAY PARTY!</b> Roast Turkey Mashed Potatoes Mixed Vegetables Birthday Cake Milk	Tuna Sandwich on WW Bread Minestrone Soup Spring Salad Mix Orange Slices Milk	Orange Chicken Steamed Rice Broccoli WW Roll Mixed Fresh Fruit Milk
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Chicken Stir Fry Stir Fry Veggies Steamed Rice WW Roll Strawberry Yogurt Milk	Pasta w/Turkey Meat Sauce Green Beans Green Salad Cantaloupe Milk	Sausage Scramled Eggs w/Veggies Potatoes Watermelon Biscuit Milk	Gumbo Coleslaw WW Roll Fruit Salad Milk	Meatloaf Mashed Potatoes Mixed Vegetables Mixed Fresh Fruit Milk

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10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch	9:00 - Exercise Class 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 - Bible Study 10:00 - Live Music & Dancing: Tony Ernst 12:00 - Lunch	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)	9:00 - 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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