

JULY

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
1	2	FOURTH OF JULY PARTY! 3	4	5
Kielbasa Steamed Cabbage Steamed Carrots Onion Cheese Roll Orange Milk	Tuna Salad Sandwich Carrot Raisin Salad Fresh Fruit Salad WW Bread Milk	Chicken and Pasta Broccoli Cantaloupe WW Roll Milk	CLOSED FOR 4TH OF JULY	Parmesan Turkey Patty Red Potatoes Zucchini WW Roll Watermelon Milk
8	9	10	11	12
Meatballs w/Gravy Fresh Fruit Mixed Vegetables WW Roll Steamed Rice Milk	Baked Potato Ground Beef Chili Cantaloupe Zucchini WW Roll Milk	Scrambled Egg Pork Sausage Diced Potatoes Fresh Fruit Biscuit Milk	Chicken Posole Pineapple Salad Pickled Carrot Salad Corn Tortilla Milk	Chili Verde Pinto Beans Fresh Fruit Corn Tortilla Rice Milk
15	16	BIRTHDAY PARTY! 17	18	19
Beef Stew Green Salad Melon Corn Bread Milk	Cold Plate Tuna Salad Spinach Salad Coleslaw Orange Saltine Crackers Milk	Roast Turkey Garlic Mashed Potatoes Peas and Carrots WW Roll Cake Milk	Meatloaf Fresh Fruit Salad Mixed Vegetables WW Roll Milk	Orange Chicken Broccoli Cantaloupe WW Roll Steamed Rice Milk
22	23	24	25	26
Chicken Pot Pie Mixed Vegetables Fresh Fruit Biscuit Vanilla Pudding Milk	Pasta w/Red Meat Sauce Green Beans Green Salad WW Roll Fresh Fruit Milk	Chili Beans Spinach Salad Citrus Salad Corn Bread Milk	Pork Loin Chop Broccoli Mashed Potatoes WW Roll Milk	BBQ Chicken Sandwich Potato Wedges Mixed Fruit Coleslaw Milk
29	30	31		
Ground Beef w/Gravy Mixed Veggies Honeydew WW Roll Noodles Milk	Chicken Fajitas Fresh Fruit Flour Tortilla Milk	Spaghetti w/Turkey Meat Green Salad Cantaloupe WW Roll Milk		

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1	2	FOURTH OF JULY PARTY! 3		5
9:00 - Exercise Class 9:00 - Cards in the Library 9:30 - Loteria 10:00 - Live Music: Ed Rodgers & the Guys 12:00 - Lunch	9:00 - Cards in the Library 9:00 - Sewing/Quilting 10:00 - Live Music & Dancing: Ed Rodgers & the Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Cards in the Library 9:00 - Exercise Class 9:00 - Crafts 9:30 - Loteria 9:30: Tech Savvy Seniors 10:00 - Live Music & Dancing: Tony Ernst Trio 12:00 - Lunch	CLOSED FOR 4TH OF JULY	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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