



JANUARY

SENIOR MENU 2025

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

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		CLOSED NEW YEAR'S DAY	Chicken Fajitas Fresh Fruit Spanish Rice Tortilla Pinto Beans Milk	Turkey Patty Green Beans Mashed Potatoes WW Roll Mixed Melon Milk
6	7	8	9	10
Chicken Fried Steak Mashed Potatoes Zucchini WW Roll Mixed Melon Milk	Baked Potato w/Chili Broccoli Fresh Fruit WW Roll Milk	Gumbo Soup Citrus Salad 3 Bean Salad WW Roll Milk	Beef Enchilada Casserole Green Salad Sliced Orange Spanish Rice Tortilla Pinto Beans Milk	Baked Fish Carrots Cantaloupe WW Roll Rice Pilaf Milk
13	14	HAPPY BIRTHDAY! 15	16	17
Meatball w/Gravy Peas & Carrots Citrus Salad WW Roll Rice Milk	Beef Stew Peas & Cheese Salad Mixed Fresh Fruit Corn Bread Milk	Turkey Meat Spaghetti Spinach Salad Cantaloupe Green Beans WW Roll Milk	Baked Potato w/the Works Mixed Vegetables Sliced Orange WW Roll Pinto Beans Milk	Chicken Fajita Salad Fresh Fruit Corn Tortillas Corn Tortilla Strips Milk
20	21	22	23	24
CLOSED MARTIN LUTHER KING DAY	Chili Beans Fresh Fruit Coleslaw Cornbread Milk	Roast Turkey Mashed Potatoes Peas & Carrots WW Roll Cake Milk	Chicken Pot Pie Carrot Salad Fresh Fruit Biscuit Milk	Orange Chicken Broccoli Cantaloupe WW Roll Steamed Rice Milk
27	28	29	30	31
Pasta w/Meat Sauce Normandy Vegetables Cantaloupe WW Roll Green Salad Milk	Tuna Sandwich Carrot Salad Watermelon WW Bread Milk	Baked Chicken Red Potatoes Broccoli Melon WW Roll Milk	Chicken Stir Fry Sliced Orange Steamed Rice Bread Pudding Milk	BBQ Pork Sandwich Potato Wedges Coleslaw Fresh Fruit Milk



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RASMUSSEN SENIOR CENTER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		CLOSED NEW YEAR'S DAY	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$6) 9:30 - Loteria 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$6) 12:00 - Lunch 12:15 - Karaoke 1:30 - Intermediate Line Dance Class (\$6)	9:00- Exercise Class 9:00- Cards in the Library 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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9:00- Exercise Class 9:00- Cards in the Library 9:30- Loteria 10:00- Music: Ed Rodgers & Guys 12:00- Lunch 12:15- Karaoke	9:00- Cards in the Library 9:00- Sewing /Quilting 9:00- Cards in the Library 9:00- Chair Yoga (\$6) 10:00- Live Music and Dancing: Ed Rodgers & 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: Tony Ernst Trio 12:00- Lunch 1:00- Senior Afternoon Movie	9:00- Crochet 9:00- Cards in the Library 9:00- Exercise w/Music (\$6) 9:30- Loteria 10:00- Live Music & Dancing: Country George 10:30- Beginner Line Dance Class (\$6) 12:00- Lunch 12:15- Karaoke 1:30- Intermediate Line Dance Class (\$6)	9:00- Exercise Class 9:00- Cards in the Library 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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