## NORTH of the RIVER



## DECEMBER SENIOR MENU 2024

<u>Rasmussen Senior Center</u> - 115 East Roberts Lane - 392.2030
*VOLUNTEERS NEEDED!* Front sign in desks, servers, after lunch clean up, etc.
Please see office staff to inquire
<u>Meals on Wheels</u> - 392.2016

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	
Chicken Posole	Spaghetti w/Meat	Pork Stir Fry	Scrambled Eggs	<b>Ground Turkey Stuffed</b>
Coleslaw	Sauce	Stir Fry Vegetables	Sausage Link	Bell Peppers
Fruit Salad	Italian Green Beans	Pineapple	Country Potatoes	Green Beans
Corn Tortillas	Spinach Salad	Steamed Rice	Cantaloupe	Carrot Raisin Salad
Milk	WW Roll	Bread Pudding	Biscuit	WW Roll
	Watermelon	Milk	Milk	Mixed Fruit
	Milk			Milk
9	10	11	12	13
Chicken Fried Steak	Baked Potatoes	Gumbo Soup	Ground Turkey Taco	Baked Fish
MAshed Potatoes	w/Chili Meat	Citrus Salad	Pinto Beans	Orange Slices
Peas & Carrots	Broccoli	Ranch Salad	Spanish Rice	Carrots
WW Roll	Fresh Fruit	WW Roll	Corn Tortilla	Rice Pilaf
Mixed Melon	WW Roll	Milk	Cantaloupe	WW Roll
Milk	Milk	1. 1. 1. 1. 1. 1.	Milk	Milk
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16	17	BIRTHDAY PARTY! 18	19	CHRISTMAS PARTY!2
Meatball w/Gravy	Beef Stew	Roast Turkey	Baked Potato	Chef Salad w/Turkey
Peas & Carrots	Peas & Cheese Salad	Mashed Potatoes	w/the Works	Carrot Sticks
Citrus Salad	Mixed Fresh Fruit	Broccoli	Pinto Beans	Saltine Crackers
WW Roll	Corn Bread	WW Roll	Mixed Vegetables	Jello w/Fruit
Rice	Milk	Cake	Orange Slices	Milk
Milk		Milk	WW Roll	
	· · · · · · · · · · · · · · · · · · ·		Milk	
	1			
23	24	25	26	NEW YEARS PARTY! 2
Kielbasa Sausage			Tuna Sandwich	Orange Chicken
Red Potatoes			Carrot Salad	Broccoli
Steamed Cabbage			Watermelon	Cantaloupe
Onion Cheese Roll	<b>CLOSED FOR</b>	CLOSED FOR	Milk	WW Roll
Fresh Fruit	CHRISTMAS	CHRISTMAS		Steamed Rice
Milk				Milk
IVIIIK				IVIIIK
20	34			
30 Chili Verde	31			
Green Salad				
				1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Cantaloupe	<b>CLOSED FOR</b>			
Flour Tortilla	NEW YEARS			
Spanish Rice				
Black Eyed Peas				
Milk				
IVIIIK				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	
9:00 - Exercise Class 9:00 - Cards in the Library 9:30 - Loteria 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch 12:15 - Karaoke	9:00 - Sewing/Quilting 9:00 - Cards in the Library 9:00 - Chair Yoga (\$6) 10:00 - Live Music & Dancing: Ed Rogers & 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: Ed Rogers & Guys 12:00 - Lunch	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 1:30 - Intermediate Line Dance Class (\$6)	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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