

NOVEMBER

Join the Fun!

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
				Parmesan Turkey Patty Red Potatoes Zucchini WW Roll Cantaloupe Milk
4	5	6	7	8
Meatball w/Gravy Mixed Vegetables WW Roll Steamed Rice Mixed Fresh Fruit Milk	Baked Potato w/Ground Beef Chili Zucchini WW Roll Cantaloupe Vanilla Pudding Milk	Scrambled Eggs & Sausage Link Breakfast Potatoes Biscuit Fresh Fruit Milk	Baked Fish Pineapple Salad Steamed Carrots WW Roll Milk	Turkey Stuffed Bell Peppers Green Beans Fresh Fruit WW Roll Milk
11	12	13	14	15
CLOSED VETERAN'S DAY	Cold Plate Tuna Salad Spinach Salad Coleslaw Orange Slices Saltines Milk	Chicken Fajitas Pinto Beans Spanish Rice Flour Tortillas Pumpkin Pudding Milk	Meatloaf Red Potatoes Steamed Carrots WW Roll Milk	Beef Lasagna Green Salad Green Beans WW Roll Mixed Fresh Fruit Milk
18	19	HAPPY BIRTHDAY! 20	21	FRIENDSGIVING! 22
Chicken Pot Pie Coleslaw Fresh Fruit Biscuit Milk	Spaghettie w/Meat sauce Spinach Mixed Fresh Fruit WW Roll Milk	Pork Loin Mashed Potatoes Mixed Vegetables WW Roll Apple Sauce Milk	Clam Chowder Green Salad Cantaloupe WW Roll Milk	Chef's Salad Saltine Crackers Jello w/Fruit Milk
25	26	27	28	29
Ground Beef w/Gravy Mixed Melon Mixed Vegetables WW Roll Pasta Milk	Orange Chicken Broccoli Cantaloupe WW Roll Steamed Rice Milk	Roast Turkey Green Beans Steamed Carrots WW Roll Corn Bread Stuffing Cake Milk	CLOSED THANKSGIVING HOLIDAY	

NOVEMBER

RASMUSSEN SENIOR CENTER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				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
4	5	6	7	8
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 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 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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