

**JOIN THE FUN!**

# MARCH

## SENIOR MENU 2023

**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	
				Chicken Fajitas Pinto Beans Spanish Rice Orange Slices Milk		Chili Beans Green Salad Ambrosia Salad Cornbread Milk		Stuffed Bellpeppers Green Beans Mashed Potatoes Applesauce Milk	
6	7	8	9	10					
Pasta w/Italian Meat Sauce Italian Green Beans Green Salad Fruit Salad Milk	Chicken Fried Steak Mashed Potatoes Broccoli WW Roll Watermelon Milk	Baked Potato w/the Works Mixed Vegetables Green Beans Orange Slices Milk	Chicken Posole Perfection Salad Apple Waldorf Salad Tortilla Milk	Teriyaki Salmon Patty Rice Peas & Carrots Cantaloupe Milk					
13	14	<b>HAPPY BIRTHDAY!</b> 15	16	17					
Beef Patty w/Onions Mashed Potatoes Carrots WW Roll Pudding w/Vanilla Wafers Milk	Spaghetti w/Marinara Sauce Green Salad Italian Green Beans Watermelon Milk	Roast Ham w/Fruit Sauce Mashed Potatoes Mixed Vegetables WW Roll Birthday Cake Milk	Beef Stew Corn & Black Bean Salad Cornbread Mixed Fresh Fruit Milk	Chef Salad w/Turkey, Ham, Cheese, Egg, Tomato & Cucumber Low Sodium Crackers Jello w/Fruit Milk					
20	21	22	23	24					
Ground Beef Over Noodles Carrots Green Salad WW Roll Cantaloupe Milk	Hot Dog Green Salad Chili Beans Orange Slices Milk	Tuna Sandwich Coleslaw Potato Chips Watermelon Milk	Chicken Pot Pie Ranch Salad Fruit Salad Biscuit Milk	Pork Chile Verde Pinto Beans Spanish Rice Green Salad Tortilla Applesauce Milk					
27	28	29	30	31					
Meatballs w/Gravy Rice Carrots Watermelon Milk	Chile Relleno Casserole Spanish Rice Pinto Beans Jello Milk	Cold Plate Green Salad Tuna Salad Carrots WW Roll Cantaloupe Milk	Ham & Cheese Sandwich Cream of Broccoli Soup WW Bread Pineapple Salad Milk	Shredded BBQ Pork Sandwich Potato Wedges Coleslaw Mixed Fresh Fruit Milk					



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# MARCH

## RASMUSSEN SENIOR CENTER 2023

*\*2nd Wednesday of the month: Nutrition Meeting 1:00pm, Senior Alliance Meeting 1:30pm*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		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
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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	10:00 - Live Music & Dancing: Ed Rogers 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: The Soda Crackers 12:00 - Lunch 1:00 - Penny BINGO
<b>13</b>	<b>14</b>	<b>HAPPY BIRTHDAY! 15</b>	<b>16</b>	<b>ST. PATRICK'S DAY PARTY! 17</b>
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	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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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	10:00 - Live Music & Dancing: Ed Rogers 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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