

FEBRUARY

SENIOR MENU 2022

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

Greenacres Senior Center - 2014 Calloway Drive - 392.2010

Transportation - 392.2035



= HIGH SODIUM ENTREES



= HEART HEALTHY ENTREES
 (less than 15 grams of fat & 300 Calories per serving)

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Scrambled Eggs w/Cheese Potatoes Biscuit & Gravy Fruit Salad Milk	Tamale Pie Mixed Vegetables Rice Cantaloupe Milk	Chicken Pot Pie Pickled Bean Salad Biscuit Jello w/Fruit Milk	Chicken Fajitas Pinto Beans Spanish Rice Tortilla Orange Slices Milk
	♥	♥	♥	♥
7	8	9	10	11
Meatball w/Gravy Rice Mixed Vegetables WW Roll Chocolate Pudding Milk	Spaghetti w/ Meat Sauce Green Salad Italian Green Beans Fruit Cocktail Milk	Beef Enchilada Casserole Spanish Rice Pinto Beans Watermelon Milk	Beef Stew Carrot Raisin Salad Cornbread Apple Waldorf Salad Milk	Fish Potato Wedges Broccoli Cornbread Cantaloupe Milk
♥	♥	♥	♥	♥
14	15	HAPPY BIRTHDAY! 16	17	18
Chicken N Pasta Peas & Carrots Copper Penny Salad Bread Pudding Milk	Chile Verde Pinto Beans Spanish Rice Tortilla Applesauce Milk	Ham w/Fruit Sauce Sweet Potatoes Mixed Vegetables Birthday Cake Milk	Chili Beans Spring Mix Salad Cornbread Fruit Salad Milk	Orange Chicken Steamed Rice Broccoli WW Roll Mixed Fresh Fruit Milk
♥	♥	♥	♥	♥
21	22	23	24	25
CLOSED PRESIDENT'S DAY	Spaghetti w/Turkey Meat Sauce Green Beans Green Salad Cantaloupe Milk	BBQ Chicken Spanish Rice Pinto Beans WW Roll Watermelon Milk	Gumbo Soup Coleslaw WW Roll Apple Waldorf Salad Milk	Meatloaf Mashed Potatoes Mixed Vegetables Mixed Fresh Fruit Milk
	♥	♥	♥	♥
28				
Chorizo Scrambled Eggs Potatoes Pinto Beans Tortilla Cantaloupe Milk				
♥				

FEBRUARY

RASMUSSEN SENIOR CENTER 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:00 - Sewing/Quilting 10:00 - Music: Ed Rogers 12:00 - Lunch	9:00 - Exercise Class 10:00 - Music: Ted McClaren 12:00 - Lunch	9:00 - Crochet 10:00 - Music: Ted McClaren 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 10:00 - Music: West Coast Country Sounds 12:00 - Lunch
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9:00 - Exercise Class 10:00 - Music: Ed Rogers 12:00 - Lunch	9:00 - Sewing/Quilting 10:00 - Music: Ed Rogers 12:00 - Lunch	9:00 - Exercise Class 10:00 - Music: Mike Montano 12:00 - Lunch	9:00 - Crochet 10:00 - Music: Ted McClaren 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 10:00 - Music: West Coast Country Sounds 12:00 - Lunch
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