

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	4
Teriyaki Salmon Patty Italian Noodles Carrots Vanilla Pudding Milk	Chicken Pasta Peas & Cheese Salad Carrots Bread Pudding Milk	Spaghetti w/Meat Sauce Green Salad Italian Green Beans Fruit Salad Milk	Chile Verde Pinto Beans Spanish Rice Tortilla Jello w/Fruit Milk	Turkey & Cheese Sandwich on WW Coleslaw Corn Chowder Mixed Fresh Fruit Milk
7	8	9	10	11
Chicken Fried Steak Mashed Potatoes Peas & Carrots WW Roll Honeydew Milk	Meatball Stroganoff Peas Noodles WW Roll Apple Cobbler Milk	Baked Potato w/The Works Mixed Vegetables Green Beans Watermelon Milk	Ham & Cheese Sandwich on WW Green Salad Potato Cheese Soup Apple Waldorf Salad Milk	CLOSED VETERANS DAY
14	15	HAPPY BIRTHDAY! 16	17	18
Scrambled Eggs Potatoes Sausages Biscuit Pudding w/Vanilla Wafers Milk	Turkey Patty Parmesan Broccoli Rice WW Roll Ambrosia Salad Milk	Roast Ham w/Fruit Sauce Mashed Potatoes Mixed Vegetables Birthday Cake Milk	Chicken Pot Pie Pickled Bean Salad Biscuit Cantaloupe Milk	Chef Salad w/Turkey, Ham, Cheese, Egg, Tomatoes, Carrots and Cucumbers Low Sodium Saltine Crackers Mixed Fresh Fruit Milk
21	22	23	24	25
Ground Beef Over Noodles Mixed Vegetables Green Salad WW Roll Cantaloupe Milk	Hot Dog Green Salad Chili Beans Orange Slices Milk	Roast Turkey w/Gravy Carrots Sweet Potatoes WW Roll Pumpkin Pudding Milk	CLOSED THANKSGIVING HOLIDAY	
28	29	30		
Chicken Fajitas Pinto Beans Spanish Rice Tortilla Fruit Salad Milk	Sliced Kielbasa Sauerkraut Potatoes WW Roll Watermelon Milk	Tuna Sandwich on WW Bread Green Salad Minestrone Jello w/Fruit Milk		

NOVEMBER

RASMUSSEN SENIOR CENTER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	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 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 12:00 - Lunch 1:00 - Penny BINGO
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