

**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

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
		Tamale Pie Spanish Rice Pinto Beans Watermelon Milk	Chicken Pot Pie Coleslaw Biscuit Jello w/Fruit Milk	Tuna Sadmich of WW Carrots Raisin Salad Potato Chips Mixed Fresh Fruit Milk
6	7	8	9	10
Sliced Kielbasa Potatoes Sauerkraut WW Roll Fruit Cocktail Milk	Spaghetti w/Meat Sauce Green Salad Italian Green Beans Ambrosia Salad Milk	Chile Verde Pinto Beans Spanish Rice Tortilla Watermelon Milk	Gumbo Soup Pickled Bean Salad WW Roll Fruit Salad Milk	Stuffed Bellpepper Mashed Potatoes Corn Cantaloupe Milk
13	14	<b>HAPPY BIRTHDAY!</b> 15	16	17
BBQ Chicken Green Beans Mashed Potatoes WW Roll Honeydew Milk	Sloppy Joes Green Salad Potato Wedges Vanilla Pudding Milk	Roast Ham w/Fruit Sauce Mashed Potatoes Peas Birthday Cake Milk	Beef Stew Green Salad Cornbread Fruit Salad Milk	Hot Dog Chili Beans Green Salad Orange Milk
20	21	22	23	24
Meatballs w/Gravy Rice Mixed Vegetables Watermelon Milk	Chicken N Pasta Carrot Salad Peas WW Roll Bread Pudding Milk	Turkey Patty Parmesan Steamed Rice Carrots Pineapple Salad Milk	Gumbo Soup Coleslaw WW Roll Apple Waldorf Salad Milk	Baked Potato w/The Works Carrots Green Beans Orange Slices Milk
27	28	29	30	
Orange Chicken Steamed Rice Broccoli Pineapple Salad Milk	Scrambled Eggs w/Cheese Potatoes Bisuit & Gravy Applesauce Milk	Chicken Stir Fry Steamed Rice Green Salad WW Roll Cantaloupe Milk	Chili Beans Green Salad Cornbread Mixed Fruit Milk	



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		10:00 - Live Music & Dancing 12:00 - Lunch	9:00 - Crochet 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 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch
6	7	8	9	10
9:00 - Nutrition Class 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch	9:00 - Exercise Class 9:00 - Sewing/Quilting 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 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 - Jewlery by Dan 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch
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