

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 |
|---|---|---|---|--|
| 3 | 4 | 5 | 6 | 7 |
| CLOSED NEW YEAR'S DAY | Baked Potato w/The Works Carrots Broccoli Fruit Salad Milk | Tamale Pie Spanish Rice Pinto Beans Watermelon Milk | Chicken Pot Pie Coleslaw Biscuit Jello w/Fruit Milk | Shredded BBQ Pork Sandwich Potato Wedges Pinto Beans Mixed Fresh Fruit Milk |
| | | | | |
| 10 | 11 | 12 | 13 | 14 |
| Sliced Kielbasa Sausage Potatoes Sauerkraut WW Roll Fruit Cocktail Milk | Spaghetti w/Meat Sauce Green Salad Italian Green Beans Ambrosia Salad Milk | Chicken Fajitas Spanish Rice Pinto Beans Tortilla Watermelon Milk | Beef Stew Green Salad Cornbread Fruit Salad Milk | Hot Dog w/Sweet Relish Green Salad Chili Beans Cantaloupe Milk |
| | | | | |
| 17 | 18 | HAPPY BIRTHDAY! 19 | 20 | 21 |
| CLOSED MARTIN LUTHER KING DAY | Chicken Enchilada Casserole Spanish Rice Pinto Beans Applesauce Milk | Roast Ham w/Fruit Sauce Cornbread Stuffing Peas Birthday Cake Milk | Chili Beans Green Salad Cornbread Fruit Salad Milk | Shrimp N Pasta Peas & Carrots Green Salad WW Roll Mixed Fresh Fruit Milk |
| | | | | |
| 24 | 25 | 26 | 27 | 28 |
| Meatball w/Gravy Rice Mixed Vegetables Vanilla Pudding Milk | Chicken N Pasta Carrot Salad Peas WW Roll Bread Pudding Milk | Steak Parmesan Steamed Rice Carrots Pineapple Salad Milk | Clam Chowder Green Salad WW Roll Cantaloupe Milk | Meatloaf Mashed Potatoes Zucchini Orange Slices Milk |
| | | | | |
| 31 | | | | |
| Orange Chicken Steamed Rice Broccoli WW Roll Pineapple Salad Milk | | | | |
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JANUARY

RASMUSSEN SENIOR CENTER 2022

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| CLOSED NEW YEAR'S DAY | 9:00 - Sewing/Quilting 10:30 - Music: Ed Rogers 12:00 - Lunch | 9:00 - Exercise Class 10:30 - Music: Ted McClaren 12:00 - Lunch | 9:00 - Crochet 10:30 - 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 9:00 - Jewlery by Dan 10:00 - Music: West Coast Country Sounds 12:00 - Lunch |
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