

JOIN THE FUN!

Lunch Reservations Required
60+ suggested \$3.00 donation
Under 60 \$6.00

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

MAY

SENIOR MENU 2022



= 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
2 Meatball w/Gravy Rice Mixed Vegetables Cantaloupe Milk 	3 Tuna Sandwich Carrots & Raisin Salad Potato Chips Watermelon Milk 	4 Spaghetti w/Meat Sauce Green Salad Italian Green Beans Fruit Salad Milk 	5 Beef Enchilada Casserole Spanish Rice Pinto Beans Jello w/Fruit Milk 	6 Chili Beans Coleslaw Cornbread Mixed Fresh Fruit Milk
9 Chicken Fried Steak Mashed Potatoes Peas & Carrots WW Roll Honeydew Milk 	10 Mac N Cheese Peas Copper Penny Salad Apple Cobbler Milk 	11 Baked Potato w/The Works Mixed Vegetables Green Beans Watermelon Milk 	12 Gumbo Coleslaw WW Roll Apple Waldorf Salad Milk 	13 Orange Chicken Steamed Rice Broccoli Cantaloupe Milk
16 Scrambled Eggs Potatoes Sausage Biscuit Milk 	17 Chile Relleno Casserole Spanish Rice Pinto Beans Ambrosia Salad Milk 	18 HAPPY BIRTHDAY!	19 Chicken Stir Fry Steamed Rice Green Salad Bread Pudding Milk 	20 Chef Salad w/Ham, Boiled Eggs, Turkey, Cheese, Tomatoes, Cucumber & Carrots Low Sodium Crackers Mixed Fresh Fruit Milk
23 Ground Beef Over Noodles Carrots Green Salad WW Roll Cantaloupe Milk 	24 Hot Dog Green Salad Chili Beans Orange Slices Milk 	25 Beef Stew Green Salad Cornbread Watermelon Milk 	26 Roast Ham w/Fruit Sauce Mashed Potatoes Pean & Carrots Fruit Salad Milk 	27 Chicken Chile Verde Pinto Beans Spanish Rice Tortilla Applesauce Milk
30 CLOSED MEMORIAL DAY	31 Kielbasa Sausage Sauerkraut Potatoes WW Roll Watermelon Milk			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00 - Exercise Class 10:00 - Music: Ed Rogers 12:00 - Lunch	9:00 - Sewing/Quilting 10:00 - Music: Ed Rogers 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 10:00 - Music 12:00 - Lunch	9:00 - Crochet 10:00 - Music: 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 - Music: West Coast Country Sounds 12:00 - Lunch
9	10	11	12	13
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16	17	HAPPY BIRTHDAY! 18	19	20
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