



JANUARY

SENIOR MENU 2026

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
			CLOSED FOR NEW YEARS DAY	Turkey Meatloaf Mixed Veggies Mashed Potatoes WW Roll Orange Milk
5	6	7	8	9
Ground Beef Tacos Honeydew Green Salad Spanish Rice Pinto Beans Milk	Spaghatt w/Meat Sauce Citrus Salad Italian Green Beans WW Roll Cantaloupe Milk	Baked Fish Coleslaw Mixed Veggies WW Roll Steamed Rice Milk	Gumbo Soup Carrot Salad Green Salad WW Roll Apple Juice Milk	Turkey Patty Parm Orange Peas & Carrots WW Roll Rice Milk
12	13	14	15	16
Scrambled Eggs Sausage Link Diced Potatoes Watermelon WW Roll Milk	Chicken Fajitas Cantaloupe Corn Tortillas Spanish Rice Pinto Beans Milk	Pork Loin Broccoli Green Salad WW Roll Mashed Potatoes Milk	Beef Stew Corn/Bean Salad Orange Corn Bread Vanilla Pudding Milk	Chef Salad Green Salad WW Roll Apple Juice Milk
19	20	HAPPY BIRTHDAY! 21	22	23
CLOSED MARTIN LUTHER KING DAY	Chicken Posole Spinach Salad Honeydew Corn Tortillas Milk	Roast Pork w/Gravy Mashed Potatoes Broccoli WW Roll Cake Milk	Beef Taco Salad Green Salad Orange Corn Tortillas Black Beans Milk	Orange Chicken Broccoli Cantaloupe WW Roll Steamed Rice Milk
26	27	28	29	30
Kielbasa Sausage Sauerkraut Potatoes WW Roll Pineapple Milk	Baked Chicken Mashed Potatoes Peas & Carrots WW Roll Honeydew Milk	Pork Chile Verde Green Salad Oranges Corn Tortillas Spanish Rice Pinto Beans Milk	Chili Beans Coleslaw Cantaloupe Corn Bread Milk	Turkey Meatloaf Steamed Carrots Red Potatoes WW Roll Applesauce Milk



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RASMUSSEN SENIOR CENTER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			CLOSED NEW YEARS DAY	9:00- Exercise Class 9:00- Cards in the Library 9:00- Painting 10:00-Live Music & Dancing 12:00- Lunch 1:00- Penny Bingo
5	6	7	8	9
9:00- Exercise Class 9:00- Cards in the Library 9:30- Loteria 10:00-Live Music & Dancing 12:00- Lunch 12:15- Karaoke	9:00- Cards in the Library 9:00- Sewing /Quilting 9:00- Chair Yoga (\$6) 10:00-Live Music & Dancing 1:00- Grocery Bingo	9:00- Exercise Class 9:00- Cards in the Library 9:00- Crafts 9:30- Loteria 9:30- Tech Savvy Seniors 10:00 Live Music & Dancing 12:00- Lunch 1:00- Senior Afternoon Movie	9:00- Crochet 9:00- Cards in the Library 9:00- Exercise w/Music (\$6) 9:30- Loteria 10:00-Live Music & Dancing 10:30- Beginner Line Dance Class (\$6) 12:00- Lunch 12:15- Karaoke 1:30- Intermediate Line Dance Class (\$6)	9:00- Exercise Class 9:00- Cards in the Library 9:00- Painting 10:00-Live Music & Dancing 12:00- Lunch 1:00- Penny Bingo
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