

AUGUST

SENIOR MENU 2026

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                                                                                   |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| 3                                                                                                            | 4                                                                                         | 5                                                                                           | 6                                                                                                   | 7                                                                                        |
| Meatball w/Gravy<br>Steamed Rice<br>Peas & Carrot<br>WW Roll<br>Honeydew<br>Milk                             | Kielbasa Sausage<br>Roasted Potatoes<br>Steamed Cabbage<br>WW Roll<br>Mixed Fruit<br>Milk | Tuna Salad Sandwich<br>Carrot Salad<br>Watermelon<br>WW Bread<br>Apple Juice<br>Milk        | Orange Chicken<br>Broccoli<br>Cantaloupe<br>WW Roll<br>Steamed Rice<br>Milk                         | Chili Beans<br>Coleslaw<br>Watermelon<br>Corn Bread<br>Milk                              |
| 10                                                                                                           | 11                                                                                        | 12                                                                                          | 13                                                                                                  | 14                                                                                       |
| Pasta w/Meat Sauce<br>Italian Green Beans<br>Spinach Salad<br>WW Roll<br>Fruite Salad<br>Apple Juice<br>Milk | Turkey Parmesan<br>Mashed Potatoes<br>Broccoli<br>WW Roll<br>Watermelon<br>Milk           | Gumbo Soup<br>Perfection Salad<br>Citrus Salad<br>WW Roll<br>Vanilla Pudding<br>Milk        | Chili Verde<br>Pinto Beans<br>Carrot Salad<br>Spanish Rice<br>Corn Tortillas<br>Apple Juice<br>Milk | Baked Fish<br>Coleslaw<br>Cantaloupe<br>WW Roll<br>Steamed Rice<br>Milk                  |
| 17                                                                                                           | 18                                                                                        | 19                                                                                          | 20                                                                                                  | 21                                                                                       |
| Beef Patty<br>Mashed Potatoes<br>Peas & Carrots<br>WW Roll<br>Orange<br>Milk                                 | Chicken & Pasta<br>Mixed Veggies<br>Fresh Mixed Fruit<br>WW Roll<br>Apple Juice<br>Milk   | Roast Turkey<br>Mashed Potatoes<br>Broccoli<br>WW Roll<br>Cake<br>Milk                      | Egg Salad Sandwich<br>Coleslaw<br>Watermelon<br>WW Bread<br>Milk                                    | Chef’s Salad<br>Green Salad<br>Carrot Sticks<br>WW Roll<br>Apple Juice<br>Milk           |
| 24                                                                                                           | 25                                                                                        | HAPPY BIRTHDAY! 26                                                                          | 27                                                                                                  | 28                                                                                       |
| Scrambled Eggs<br>Sausage Link<br>Roasted Potatoes<br>Cantaloupe<br>WW Roll<br>Apple Juice<br>Milk           | BBQ Chicken<br>Red Potatoes<br>Corn<br>WW Roll<br>Sliced Oranges<br>Milk                  | Baked Potatoes<br>W/Chili Meat<br>Pinto Beans<br>Broccoli<br>WW Roll<br>Apple Sauce<br>Milk | Chicken Pot Pie<br>Whole Grain Salad<br>Honeydew<br>Biscuit<br>Milk                                 | Turkey Meatloaf<br>Mixed Vegetables<br>Mashed Potatoes<br>WW Roll<br>Apple Juice<br>Milk |
| 31                                                                                                           |                                                                                           |                                                                                             |                                                                                                     |                                                                                          |
| Beef Taco Salad<br>w/Cheese<br>Corn<br>Green Salad<br>Corn Tortillas<br>Milk                                 |                                                                                           |                                                                                             |                                                                                                     |                                                                                          |

AUGUST

SENIOR MENU 2026

| MONDAY                                                                                                                                    | TUESDAY                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3                                                                                                                                         | 4                                                                                                                                                                                                                        | 5                                                                                                                                                                                                 | 6                                                                                                                                                                                                                                                | 7                                                                                                                                                                            |
| :00: Exercise Class<br>9:00: Cards in the Library<br>9:30: Loteria<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>12:15 Karaoke        | 9:00: Cards in the Library<br>9:00: Sewing /Quilting<br>9:00 Chair Yoga (\$6)<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>1:00: Grocery Bingo                                                                      | 9:00: Exercise Class<br>9:00: Cards in the Library<br>9:00: Crafts<br>9:30: Loteria<br>9:30: Tech Savvy Seniors<br>10:00: Live Music & Dancing<br>12:00: Lunch                                    | 9:00: Cards in the Library<br>9:00: Crochet<br>9:00: Exercise w/Music (\$6)<br>9:30: Loteria<br>10:00: Live Music & Dancing<br>10:30 - Beginning Line Dance (\$6)<br>12:00: Lunch<br>12:15: Karaoke<br>1:30: Intermediate Line Dance Class (\$6) | 9:00: Exercise Class<br>9:00: Cards in the Library<br>9:00: Painting<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>1:00: Penny Bingo                                     |
| 10                                                                                                                                        | 11                                                                                                                                                                                                                       | 12                                                                                                                                                                                                | 13                                                                                                                                                                                                                                               | 14                                                                                                                                                                           |
| 9:00: Exercise Class<br>9:00: Cards in the Library<br>9:30: Loteria<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>12:15 Karaoke       | 9:00: Cards in the Library<br>9:00: Sewing /Quilting<br>9:00 Chair Yoga (\$6)<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>1:00: Grocery Bingo                                                                      | 9:00: Exercise Class<br>9:00: Cards in the Library<br>9:00: Crafts<br>9:30: Loteria<br>9:30: Tech Savvy Seniors<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>1:00: Senior Afternoon Movie    | 9:00: Cards in the Library<br>9:00: Crochet<br>9:00: Exercise w/Music (\$6)<br>9:30: Loteria<br>10:00: Live Music & Dancing<br>10:30 - Beginning Line Dance (\$6)<br>12:00: Lunch<br>12:15: Karaoke<br>1:30: Intermediate Line Dance Class (\$6) | 9:00: Exercise Class<br>9:00: Cards in the Library<br>9:00: Painting<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>1:00: Penny Bingo                                     |
| 17                                                                                                                                        | 18                                                                                                                                                                                                                       | HAPPY BIRTHDAY! 19                                                                                                                                                                                | 20                                                                                                                                                                                                                                               | 21                                                                                                                                                                           |
| 9:00 - Exercise Class<br>9:00 - Cards in the Library<br>9:30 - Loteria<br>10:00 - Live Music & Dancing: Ed Rogers & Guys<br>12:00 - Lunch | 9:00 - Sewing/Quilting<br>9:00 - Cards in the Library<br>10:00 - Live Music & Dancing: Ed Rogers & Guys<br>12:00 - Lunch<br>1:00 - Grocery BINGO                                                                         | 9:00: Exercise Class<br>9:00: Cards in the Library<br>9:00: Crafts<br>9:00: <i>Senior Marketplace</i><br>9:30: Loteria<br>9:30: Tech Savvy Seniors<br>10:00: Live Music & Dancing<br>12:00: Lunch | 9:00: Cards in the Library<br>9:00: Crochet<br>9:00: Exercise w/Music (\$6)<br>9:30: Loteria<br>10:00: Live Music & Dancing<br>10:30 - Beginning Line Dance (\$6)<br>12:00: Lunch<br>12:15: Karaoke<br>1:30: Intermediate Line Dance Class (\$6) | 9-11:00: <i>Health Screening</i><br>9:00: Exercise Class<br>9:00: Cards in the Library<br>9:00: Painting<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>1:00: Penny Bingo |
| 24                                                                                                                                        | 25                                                                                                                                                                                                                       | 26                                                                                                                                                                                                | 27                                                                                                                                                                                                                                               | 28                                                                                                                                                                           |
| 9:00 - Exercise Class<br>9:00 - Cards in the Library<br>9:30 - Loteria<br>10:00 - Live Music & Dancing: Ed Rogers & Guys<br>12:00 - Lunch | 9:00 - Sewing/Quilting<br>9:00 - Cards in the Library<br>10:00 - Live Music & Dancing: Ed Rogers & Guys<br>12:00 - Lunch<br>1:00 - Grocery BINGO                                                                         | 9:00: Exercise Class<br>9:00: Cards in the Library<br>9:00: Crafts<br>9:30: Loteria<br>9:30: Tech Savvy Seniors<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>1:00: Senior Afternoon Movie    | 9:00: Cards in the Library<br>9:00: Crochet<br>9:00: Exercise w/Music (\$6)<br>9:30: Loteria<br>10:00: Live Music & Dancing<br>10:30 - Beginning Line Dance (\$6)<br>12:00: Lunch<br>12:15: Karaoke<br>1:30: Intermediate Line Dance Class (\$6) | 9:00: Exercise Class<br>9:00: Cards in the Library<br>9:00: Painting<br>10:00: Live Music & Dancing<br>12:00: Lunch<br>1:00: Penny Bingo                                     |
| 31                                                                                                                                        |                                                                                                                                                                                                                          |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                  |                                                                                                                                                                              |
| 9:00 - Exercise Class<br>9:00 - Cards in the Library<br>9:30 - Loteria<br>10:00 - Live Music & Dancing: Ed Rogers & Guys<br>12:00 - Lunch | <div><div>Featured this Month:</div><div><div></div><div>FREE Health Screening on<br/>Friday, August 21 from 9-11AM</div></div></div> |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                  |                                                                                                                                                                              |