

SEPTEMBER

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
	1	2	3	FOOTBALL KICKOFF! 4
	Chili Beans Coleslaw Cantaloupe Corn Bread Milk	Egg Salad Sandwich Carrot Salad Watermelon WW Bread Apple Juice Milk	Chicken Fajitas Orange Fajita Vegetables Spanish Rice Corn Tortillas Pinto Beans Milk	Baked Potato W/Ground Beef Chili Carrots Zucchini WW Roll Applesauce Milk
7	8	9	10	11
CLOSED LABOR DAY	Chicken Fried Steak Mashed Potatoes Broccoli WW Roll Watermelon Milk	Gumbo Soup Coleslaw Cantaloupe WW Roll Steamed Rice Milk	Stir Fry Pork Stir Fry Vegetables Spinach Salad WW Roll Steamed Rice Milk	Baked Fish Orange Peas & Carrots WW Roll Steamed Rice Milk
14	15	HAPPY BIRTHDAY! 16	17	18
Scrambled Eggs Link Sausage Breakfast Potatoes Cantaloupe WW Roll Milk	Pork Loin Roasted Potatoes Steamed Cabbage WW Roll Fruit Salad Milk	Roast Turkey Mashed Potatoes Broccoli WW Roll Cake Milk	Tuna Sandwich Watermelon Carrot Salad WW Bread Apple Juice Milk	Chef's Salad Carrots Green Salad WW Roll Apple Juice Fruit Gelatin Milk
21	22	23	24	25
Meatballs W/Gravy Broccoli Cantaloupe WW Roll Rice Milk	Spaghetti W/Meat Sauce Green Beans Orange WW Roll Milk	Cold Plate Chicken Salad Coleslaw Green Salad WW Roll Watermelon Milk	Chicken Pot Pie Whole Grain Salad Green Salad Biscuit Honeydew Milk	Chicken Fajitas Pinto Beans Spinach Salad Corn Tortillas Spanish Rice Apple Juice Milk
28	29	30		
Ground Turkey Chili Corn Green Salad Orange Corn Tortillas Black Beans Milk	Turkey Patty Peas & Carrots Roasted Potatoes WW Roll Gelatin W/Fruit Apple Juice Milk	Orange Chicken Broccoli Honedew WW Roll Steamed Rice Milk		

SEPTEMBER

RASMUSSEN SENIOR CENTER 2026

	1	2	3	FOOTBALL KICKOFF! 4
	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$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: Nickel Bingo
7	8	9	10	11
CLOSED LABOR DAY	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$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: Nickel Bingo
14	15	HAPPY BIRTHDAY! 16	17	18
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 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Senior Market 9:00: Crafts 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00 - Health Screening 9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Nickel Bingo
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