

APRIL 2019

The actual cost of each meal is \$6.00

The Center's suggested contribution is \$3.00 per meal

Guests under age 60 pay \$6.00 to the hostesses

LIKE "Cape Girardeau Senior Center" on Facebook

A Chef Salad is offered each day as an optional choice.

SERVING 11:15 – 12:30 MON. – FRI.

921 N. Clark St.

Cape Girardeau, MO 63701

www.capeseniorcenter.org

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Riblet OR Patty Melt Seasoned Potato Fries Cal Blend Veggies WG Bread Chilled Peaches or Southern Ambrosia	2 Poppy Seed Chicken OR Swiss Steak Wild rice Pilaf Peas and Pearl Onions Glazed Carrots Hot Roll Mixed Fruit or Lemon Bar	3 Sausage Rigatoni OR Sweet-n-Sour Chicken over Rice Italian Blend Veggies Garden Salad WG Garlic Bread Mandarin Oranges or Brownie	4 Oven Fried Chicken OR Open Face Roast Beef Mashed Potatoes Seasoned Green Beans Tossed Salad WG Hot Roll SF Apple Crisp or Oatmeal Pie	5 Crunchy Fish OR Ham & Cheese on Croissant Potato Salad Coleslaw WG Bread Pineapple w/ Coconut or Bread Pudding
8 Cheeseburger OR Smothered Bratwurst Seasoned Tater Tots Steamed Zucchini Lettuce, Tomato, Pickle and Onion WG Bun Cinnamon Applesauce or Lemonade Cake	9 BBQ Pork Chop OR Chopped Steak with Bacon and Onion Gravy Baked Potato Brussels Sprouts WG Hot Roll SF Peach Crisp or Blonde Brownie	10 Chicken Tenders OR Ham & Scalloped Potato Bake Baked Beans Seasoned Broccoli WG Bread Banana or Banana Pudding	11 Roasted Chicken Thighs OR Kettle Beef Mashed Potatoes Cauliflower w/cheese Pickled Beets WG Roll/Crackers Chilled Pears or Coconut Cream Pie	12 Cheese Ravioli in Sauce or Fried Catfish Buttered Corn Garden Salad WG Breadstick Grape Stem or Cherry Dump Cake
15 Sloppy Joe w/ Oven Fried Potatoes OR Chicken Tot Bake Green Beans Fruited Gelatin Chilled Peaches or Cookies	16 BRUNCH MENU Sausage Patties Scrambled Eggs Baked Hash Browns/Onions Biscuit w/ Gravy Fruit Salad	17 Chicken Salad OR Sub Sandwich 3 Bean Salad Garden Salad WG Bread/Crackers Fresh Orange Wedges or Iced Orange Cake	18 Chicken & Dumplings or Country Fried Steak w/ Potatoes Seasoned Spinach Glazed Carrots SF Mixed Berry Topping or Blackberry Cobbler	19 CENTER CLOSED FOR GOOD FRIDAY HAPPY EASTER EVERYONE!
22 Honey Glazed Chicken OR Glazed Ham Slice Baked Sweet Potato Steamed Squash WG Bread SF Pear Crisp or Cherry Cake	23 BBQ Chicken OR Italian Beef Potato Salad Breaded Tomatoes WG Hot Roll or Bun Spiced Peaches or Peach Pie	24 Baked Potato w/ Ham, Broccoli & Cheese OR Chicken Spinach Alfredo Peas and Carrots WG Garlic Bread Mandarin Oranges or Coconut Delight	25 Meatloaf OR Polish Sausage/Kraut Mashed Potatoes Green Beans WG Hot Roll Warm Apples/Raisins Or Apple Pie	26 Tuna Noodle Casserole OR Country Chicken Casserole Mixed Beans Pickled Beets WG Bread SF Gelatin w/ Bananas or Cook's Choice Dessert
29 Chicken and Rice OR Mexican Casserole Cal Blend Veggies Sweet Peas WG Bread Mixed Fruit or Ice Cream & Cookies	30 BBQ Pulled Pork OR Breaded Chicken Filet Seasoned Potato Wedges Buttered Corn Spinach Salad WG Bun SF Blushing Pears or Cherry Delight			