

JUNE 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
3 Chicken and Rice OR Mexican Casserole Cal Blend Veggies Sweet Peas WG Bread slice Mixed Fruit or Ice Cream and Cookie	4 Pulled Pork OR Reuben Casserole Seasoned Potato Wedges Fruited Lime Gelatin Spinach Salad WG Bun or Hot Roll Blushing Pears or Cherry Delight	5 Ham and Beans OR Hot Chicken Salad Cooked Cabbage Tomatoes & Zucchini Cornbread/WG Crackers Cottage Cheese & Pineapple or Texas Sheet Cake	6 Sweet 'n Sour Meatballs OR Chicken Parmesan Buttered Egg Noodles Corn 'O Brien Brussels Sprouts WG Garlic Bread Apple Crisp or Blueberry Pie	7 Fish Sandwich on Bun OR Chili Dog Oven Fried Potatoes w/ Peppers and onions Creamy Coleslaw WG Bun / Bread Applesauce or Iced Cake
10 Poppy Seed Chicken OR Swiss Steak Wild Rice Pilaf Peas and Pearl Onions Glazed Carrots Hot Roll Mixed Fruit or Lemon Bar	11 BBQ Riblet OR Patty Melt Seasoned Potato Fries Cal Blend Veggies WG Bread Chilled Peaches or Brownie	12 Sausage Rigatoni OR Sweet-n-Sour Chicken over Rice Italian Blend Veggies Garden Salad WG Garlic Bread Mandarin Oranges or Southern Ambrosia	13 Oven Fried Chicken OR Open-Faced Roast Beef Mashed Potatoes Seasoned Green Beans Tossed Salad WG Hot Roll SF Apple Crisp or Coconut Cream Pie	14 Crunchy Fish OR Ham & Cheese on Croissant Potato Salad Coleslaw WG Bread Pineapple w/ Coconut or Angel Food Cake
17 Cheeseburger OR Smothered Bratwurst Seasoned Tater Tots Steamed Zucchini WG Bun Cinnamon Applesauce or Lemonade Cake	18 BBQ Pork Chop OR Chopped Steak w/ Bacon and Onion Gravy Baked Potato Brussels Sprouts WG Hot Roll SF Peach Crisp or Blonde Brownie	19 Chicken Tenders w/ Mac-n-Cheese OR Ham & Mac-n-Cheese Casserole Baked Beans Seasoned Broccoli WG Bread Banana or Chocolate Mousse	20 Roasted Chicken Thighs OR Kettle Beef Mashed Potatoes Cauliflower w/cheese Pickled Beets WG Roll/Crackers Chilled Pears or Oatmeal Pie	21 Cheese Ravioli w/ Meat Sauce OR Fried Catfish Buttered Corn Garden Salad WG Breadstick Fresh Grapes or Cherry Dump Cake
24 Sloppy Joe w/ Oven Fried Potatoes OR Chicken Tot Bake Green Beans Fruited Gelatin WG Bun or Bread Chilled Peaches or Cookies	25 BRUNCH MENU Sausage Patties Scrambled Eggs Baked Hash Browns with Onions Biscuit w/ Gravy Fruit Salad	26 Tuna Salad OR Turkey/Cheese on Bun 3 Bean Salad Garden Salad WG Bread/Crackers Fresh Orange Wedges or Iced Orange Cake	27 Chicken & Dumplings or Country Fried Steak w/ Potatoes Seasoned Spinach Glazed Carrots WG Hot Roll SF Mixed Berry Crisp or Assorted Pies	28 Fish: Baked or Fried OR Meat Pizza Baked Beans Coleslaw WG Bread Mixed Fruit Dessert or Iced Chocolate Cake