

# MAY 2019

SERVING 11:15 – 12:30 MON. – FRI.

The actual cost of each meal is \$6.00

921 N. Clark St.

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

Cape Girardeau, MO 63701

Guests under age 60 pay \$6.00 to the hostesses

www.capeseniorcenter.org

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573-335-1352

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Ham and Beans OR Hot Chicken Salad Cooked Cabbage Tomatoes & Zucchini Cornbread/WG Crackers Cottage Cheese & Pineapple or Texas Sheet Cake	2 Sweet 'n Sour Meatballs OR Chicken Parmesan Buttered Egg Noodles Corn 'O Brien Brussels Sprouts Apple Crisp or Angel Food Cake	3 Fish Sandwich on Bun OR Chili Dog Oven Fried Potatoes w/ Peppers and onions Creamy Coleslaw WG Bun / Bread Applesauce or Cookies
6 BBQ Riblet OR Patty Melt Seasoned Potato Fries Cal Blend Veggies WG Bread Chilled Peaches or Southern Ambrosia	7 Poppy Seed Chicken OR Swiss Steak Wild rice Pilaf Peas and Pearl Onions Glazed Carrots Hot Roll Mixed Fruit or Lemon Bar	8 Sausage Rigatoni OR Sweet-n-Sour Chicken over Rice Italian Blend Veggies Garden Salad WG Garlic Bread Mandarin Oranges or Brownie	9 Oven Fried Chicken OR Open Face Roast Beef Mashed Potatoes Seasoned Green Beans Tossed Salad WG Hot Roll SF Apple Crisp or Coconut Cream Pie	10 Crunchy Fish OR Ham & Cheese on Croissant Potato Salad Coleslaw WG Bread Pineapple w/ Coconut or Bread Pudding
13 Cheeseburger OR Smothered Bratwurst Seasoned Tater Tots Steamed Zucchini Lettuce, Tomato, Pickle and Onion WG Bun Cinnamon Applesauce or Lemonade Cake	14 BBQ Pork Chop OR Chopped Steak with Bacon and Onion Gravy Baked Potato Brussels Sprouts WG Hot Roll SF Peach Crisp or Blonde Brownie	15 Chicken Tenders w/ Mac-n-Cheese OR Ham & Scalloped Potato Bake Baked Beans Seasoned Broccoli WG Bread Banana or Banana Pudding	16 Roasted Chicken Thighs OR Kettle Beef Mashed Potatoes Cauliflower w/cheese Pickled Beets WG Roll/Crackers Chilled Pears or Oatmeal Pie	17 Cheese Ravioli in Meat Sauce or Fried Catfish Buttered Corn Garden Salad WG Breadstick Fresh Grapes or Cherry Dump Cake
20 Sloppy Joe w/ Oven Fried Potatoes OR Chicken Tot Bake Green Beans Fruited Gelatin Chilled Peaches or Cookies	21 BRUNCH MENU Sausage Patties Scrambled Eggs Baked Hash Browns/Onions Biscuit w/ Gravy Fruit Salad	22 Chicken Salad Sandwich OR Sub Sandwich 3 Bean Salad Garden Salad WG Bread/Crackers Fresh Orange Wedges or Iced Orange Cake	23 Chicken & Dumplings or Country Fried Steak w/ Potatoes Seasoned Spinach Glazed Carrots SF Mixed Berry Topping or Assorted Pies	24 Fish: Baked or Fried OR Meat Pizza Baked Beans Coleslaw WG Bread Mixed Fruit Dessert or Iced Chocolate Cake
27 CENTER CLOSED FOR MEMORIAL DAY	28 Baked Potato w/ Ham, Broccoli & Cheese OR Chicken Spinach Alfredo Peas and Carrots WG Garlic Bread Mandarin Oranges or Cherry Cake	29 BBQ Chicken OR Italian Beef Potato Salad Breaded Tomatoes WG Hot Roll or Bun Spiced Peaches or Blackberry Cobbler	30 Meatloaf OR Polish Sausage/Kraut Mashed Potatoes Green Beans WG Hot Roll Warm Apples/Raisins or Apple Pie	31 Tuna Noodle Casserole OR Country Chicken Casserole Mixed Beans Pickled Beets WG Bread SF Gelatin w/ Bananas or Cook's Choice Dessert