

# APRIL 2020

SERVING 11:15 – 12:30 MON. – FRI.

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

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921 N. Clark St.

Cape Girardeau, MO 63701

[www.capeseniorcenter.org](http://www.capeseniorcenter.org)

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fiesta Taco Bake OR Poppy Seed Chicken Seasoned Black Beans Zucchini & Tomatoes Lettuce Salad WG Bread Slice Pudding w/ Peaches or Cherry Cheesecake	2 Spaghetti with Meatballs OR Chicken and Rice Casserole Italian Blend Veggies Garden Salad WG Garlic Hot Roll Mandarin Oranges or Honeybun Cake	3 Fish: Baked or Fried OR BBQ Pulled Pork Black Eyed Peas Coleslaw WG Bread Mixed Fruit Dessert or Cook's Choice Dessert
6 Salisbury Steak OR Polish Sausage Mashed Potatoes Sauerkraut Steamed Broccoli WG Bread Blushing Pears or Pineapple Right-Side- Up Cake	7 Pork Chop OR Chicken & Dumplings Sweet Potatoes Seasoned Cauliflower WG Hot Roll SF Peach Crisp or Cookie & Pudding	8 Tacos w/ Lettuce & Tomato OR Ham Slice w/ small salad Refried Beans Hominy WG Bread Slice Tropical Fruit or Cookies & Cream Dessert	9 Chicken & Dressing OR Reuben Casserole Green Beans Buttered Corn WG Hot Roll Cinnamon Applesauce or Oatmeal Cake	10 CENTER CLOSED FOR GOOD FRIDAY
13 BBQ Chicken OR Hot Ham & Cheese Sandwich Sweet Potato Wedges Coleslaw WG Bread or Bun SF Apple Crisp or Southern Ambrosia	14 Scrambled Eggs Sausage Patty Biscuit and Gravy Hashbrowns w/ onions Bran Muffin Orange Juice Grapes	15 Ham & Beans OR Chicken Livers Stewed Tomatoes Oven Fried Potatoes Cornbread/Crackers Mixed Fruit Dessert or Lemon Bar	16 Meatloaf OR Chicken Tenders Mashed Potatoes Green Beans Glazed Carrots WG Hot Roll Warm Spiced Peaches or Blueberry Pie	17 Fish: Baked or Fried OR Chili Dog Potato Salad Sweet 'n Sour Beets WG Bread Mandarin Oranges Or Blonde Brownie
20 Fiesta Taco Bake OR Patty Melt Black Beans & Corn Zucchini & Tomatoes WG Bread Tropical Fruit or Cookies	21 Chicken Alfredo Pasta OR Meatballs in Marinara w/ pasta Steamed Broccoli Garden Salad WG Garlic Bread Citrus Fruit Dessert or Cherry Dump Cake	22 Chef Salad OR Sub Sandwich Pea Salad WG Crackers SF Gelatin w/ Fruit or Texas Sheet Cake	23 Chopped Steak OR Roasted Chicken Thighs Mashed Potatoes Green Beans WG Hot Roll SF Fruit Crisp or Coconut Cream Pie	24 Chicken Sandwich OR Fried Fish w/Hushpuppies Baked Beans Coleslaw WG Bun or Bread Chilled Applesauce or Lemon Cake
27 Ground Beef Stroganoff OR Chicken Parmesan Buttered Noodles Lima Beans Seasoned Cauliflower WG Bread Slice Blushing Pears or Chilled Creamy Fruit	28 Meatballs in Gravy OR Sweet 'n Sour Chicken Long Grain Rice Cal Blend Vegetables Cucumber Salad WG Hot Roll Mandarin Oranges or Angel Food Cake	29 Roasted Pork w/ Gravy OR French Dip Sandwich Sweet Potatoes Cooked Cabbage WG Hot Roll Chilled Pineapple or Blackberry Cobbler	30 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes Cooked Carrots Lettuce Salad WG Hot Roll SF Pudding w/ Peaches or Assorted Pies	