

DECEMBER 2020

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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SERVING 11:00 – 12:30 MON. – FRI.

921 N. Clark St.

Cape Girardeau, MO 63701

www.capeseniorcenter.org

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ham Slice with Raisin Sauce OR Chicken Cordon Bleu Casserole Sweet Potatoes Green Beans Hot Roll Seasoned Baked Pineapple or Honey Bun Cake	2 Beef Vegetable Soup & 1/2 Cheese Sandwich OR Fried Chicken Livers Fried Okra Pickled Beets Crackers Chilled Pears or Assorted Cookies	3 Meatloaf OR Ranch Chicken Thighs Au Gratin Potatoes Brussels Sprouts Hot Roll Applesauce or Apple Streusel Cake	4 Fish: Baked or Fried OR Chicken Breast Sandwich Mixed Beans Mac-n-Cheese Creamy Coleslaw WG Bread / Bun Mixed Fruit or Texas Sheet Cake
7 BBQ Riblet OR Stuffed Bell Pepper Black Eyed Peas Seasoned Spinach WG Bread Mandarin Oranges or Mixed Berry Crisp	8 Ground Beef Stroganoff OR Poppyseed Chicken Savory Carrots Lima Beans WG Hot Roll Emerald Isle Salad	9 Baked Potato w/ Broccoli & Ham OR Chicken Alfredo Fried Okra Gelatin Salad WG Hot Roll Fruit Salad or Oreo Cheesecake	10 Chicken & Dumplings OR Beef French Dip/Bun Green Beans Buttered Corn Peach Crisp or Peach Pie	11 Chili Chicken Bake OR Fried Fish & Hushpuppies Coleslaw WG Bread Cottage Cheese w/ Pineapple OR Cook's Choice Dessert
14 Swedish Meatballs OR Sweet 'n Sour Chicken Brown Rice Glazed Baby Carrots Green Peas Bread Slice Pineapple Tidbits or Iced Cherry Cake	15 Pepper Steak OR BBQ Chicken Breast Mashed Potatoes Green Beans WG Hot Roll Blushing Pears or Coconut Delight	16 Chicken Pot Pie OR Beef Stew Seasoned Broccoli Strawberry Gelatin Salad WG Hot Roll Mixed Fruit or Apple Pie	17 Roast Turkey OR Glazed Ham Dressing/Gravy Candied Yams Green Beans Cranberry Salad WG Hot Roll Pumpkin D-Light or Pecan Pie	18 Patty Melt OR Fried Fish & Hushpuppies Seasoned Potato Wedges Creamy Coleslaw Cinnamon Applesauce or Blueberry Cobbler
21 Chicken & Rice OR BBQ Pulled Pork Mixed Vegetables Pickled Beets Hot Roll / Bun Chilled Peaches or Black Forest Cake	22 Lasagna OR Chicken Bacon Ranch Buttered Corn Garden Salad Garlic Bread Tropical Fruit or Fruit Cocktail Cake	23 Honey Mustard Baked Chicken OR Country Fried Steak Mashed Potatoes Cal Blend Veggies Hot Roll Apricots or Cranberry Crisp	24 MERRY CHRISTMAS! <i>Come let us Adore Him</i> 	25 MERRY CHRISTMAS! 
28 Chili Mac OR Mexican Chicken Stew Buttered Corn Steamed Broccoli WG Crackers Mixed Fruit Dessert or Peach Dump Cake	29 Ham & Beans OR Cabbage Roll Oven Fried Potatoes Zucchini & Tomatoes Cornbread and Crackers Spiced Peaches or Brownie	30 Crisp Baked Chicken OR Beef Pot Pie Mashed Potatoes Vegetable Blend Hot Roll Warm Apples w/ Raisins Or Spice Cake	31 Kettle Beef OR Polish Sausage Mashed Potatoes Sauerkraut Glazed Carrots Hot Roll Fruit Crisp or Cherry Pie	JANUARY 1, 2020 CENTER CLOSED 