

FEBRUARY 2020

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
3 Lasagna OR Hot Chicken Salad Italian Veg Blend Buttered Corn WG Garlic Bread Chilled Peaches or Baked Peach Dessert	4 White Chicken Chili w/ 1/2 cheese sandwich OR French Dip Sandwich Buttered Corn Carrot & Celery Sticks w/ Ranch Dip WG Crackers Chilled Pears or Brownie	5 Pork Chop OR Rotisserie Chicken Sweet Potato Cal. Blend Vegetables WG Hot Roll Applesauce or Coconut Delight	6 Oven Fried Chicken OR Kettle Beef Mashed Potatoes Green Beans Hot Roll SF Apple Crisp or Apple Pie	7 Sloppy Joe on Bun OR Crunchy Fish/Hushpuppies Seasoned Potato Wedges Zucchini & Tomatoes WG Bun/ Bread Pineapple Tidbits or Lemonade Cake
10 Poppyseed Chicken/Brown Rice OR Stuffed Pepper Cal. Blend Vegetables Green Peas WG Hot Roll SF Gelatin w/ Pears or Cinnamon Swirl Cake	11 Ham & Beans OR Ground Beef Stroganoff Stewed Tomatoes Cooked Cabbage Cornbread and Crackers Mixed Fruit Dessert or Iced Pumpkin Bar	12 Beef Stew OR Chicken Pot Pie Seasoned Spinach Fruited Gelatin WG Hot Roll Mandarin Oranges or Iced Orange Cake	13 Salisbury Steak OR Ranch Chicken Baked Potato Glazed Carrots WG Hot Roll Spiced Peaches or Coconut Cream Pie	14 Oven Fried Fish Nuggets OR Smothered Bratwurst Baked Beans Coleslaw WG Bread/Bun Warm Apples & Raisins or Angel Food Cake
17 CENTER CLOSED PRESIDENT'S DAY SEE YOU TOMORROW!	18 Chili Mac OR Potato Soup and 1/2 Ham Sand. Steamed Broccoli Tossed Salad WG Crackers or Bread Pears or Birthday Cake	19 BRUNCH MENU Scrambled Eggs Ham Slice Hashbrowns/Onions Biscuit & Gravy Banana Orange Juice	20 Meatloaf OR Chicken Thighs Mashed Potatoes Green Beans Seasoned Carrots WG Hot Roll Mixed Fruit Dessert or Peach Pie	21 BBQ Pulled Pork OR Fried Fish Seasoned Potatoes Coleslaw WG Bun/Bread Chilled Peaches or Cook's Choice Dessert
24 Chicken Tenders or Cheeseburger Baked Beans Seasoned Spinach WG Bun Mixed Fruit Dessert or Cookies	25 Meatballs in Gravy OR Chicken Cordon Bleu Casserole Mashed Potatoes Cal. Blend Vegetables Lima Beans WG Bread Baked Pineapple or Pineapple Cake	26 Chicken & Rice OR Fried Fish Parmesan Peas Beets Coleslaw WG Bread Mandarin Oranges or Spice Cake	27 Pork Roast OR Turkey Slice w/Gravy Sweet Potato Brussels Sprouts WG Hot Roll Peach Crisp or Pumpkin Pie	28 Fish: Baked or Fried OR Tacos w/ lettuce, tomato, cheese Pinto Beans Oven Fried Okra WG Bread Blushing Pears or Iced Chocolate Cake