

# MARCH 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

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

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Pot Pie OR Beef Stew Seasoned Cauliflower Fried Okra WG Bread/Crackers Apples w/ Raisins or Apple Dump Cake	3 White Chicken Chili w/ cheese sandwich OR French Dip Sandwich Baby carrots Gelatin Salad WG Bread/Bun Mixed Fruit or Brownie	4 Beef Stroganoff OR Split Pea Soup with Ham Buttered Corn Seasoned Broccoli WG Bread Pineapple Tidbits or Banana Cake	5 Pork Chop OR Meatballs in Gravy Mashed Potatoes California Blend Veg Hot Roll/Butter SF Peach Crisp or Coconut Delight	6 FISH: Baked or Fried OR Sloppy Joe Seasoned Potato Wedges Green Beans Coleslaw WG Bread/Bun Citrus Fruit Salad or Iced Cherry Cake
9 Pepper Steak OR Smothered Breaded Pork Loin Baked Potato Seasoned Broccoli WG Bread Fruit Cocktail or Iced Pumpkin Bar	10 Chicken & Dressing OR Ham Slice Sweet Potatoes Lima Beans WG Hot Roll SF Peach Crisp or Peach Pie	11 Tacos OR Ham & Cheese on Croissant Black Beans & Corn WG Fiesta Rice Tropical Fruit or Cheesecake	12 Oven Fried Chicken OR Kettle Beef Mashed Potatoes Vegetable Medley WG Hot Roll Cinnamon Applesauce or Cinnamon Swirl Cake	13 Fish Sandwich OR Patty Melt Baked Beans Coleslaw WG Bun or Bread Slice Mixed Fruit Dessert or Cook's Choice Dessert Cake
16 Chicken Tenders OR Chili w/ Pimiento Cheese Seasoned Potato Wedges Beet Salad WG Bread Blushing Pears or Birthday Cake	17 Corned Beef or Stuffed Bell Pepper Cooked Cabbage Irish Potatoes Emerald Aisle Salad WG Hot Roll Chilled Pears or Lime Poke Cake	18 BRUNCH MENU Scrambled Eggs Sausage Patty 2 Pancakes/Syrup Hashbrowns/Onions Citrus Fruit Salad Apple Juice	19 Meatloaf OR Polish Sausage Sauerkraut Mashed Potatoes Green Beans Garden Salad WG Hot Roll SF Apple Crisp or Apple Pie	20 Fish: Baked or Fried OR Potato Soup & 1/2 Ham Sandwich Hominy Seasoned Spinach Coleslaw WG Bread Mandarin Oranges or Iced Orange Cake
23 Cheeseburger OR Pulled Pork Oven Fries & Onions California Blend Veg WG Bun Apple Slices or Pudding & Cookie	24 BBQ Riblet OR French Dip Sandwich Baked Beans Coleslaw WG Bread/Bun Chilled Pears or Applesauce Cake	25 Glazed Ham Slice OR Roasted Chicken Thighs Sweet Potatoes Brussels Sprouts WH Hot Roll Pineapple with Coconut or Coconut Cream Pie	26 Chicken & Dumplings OR Country Fried Steak w/ Mashed Potatoes Buttered Corn Green Beans WG Crackers/Hot Roll Spiced Warm Peaches or Cranberry Crisp	27 Fish: Baked or Fried OR Smothered Brat Glazed Carrots Potato Salad WG Bread/Bun SF Gelatin w/ bananas or Blonde Brownie
30 Beef Veg. Soup w/ 1/2 cheese sand. OR Chicken Pot Pie Seasoned Spinach Fried Okra WG Crackers/ Blushing Pears or Cook's Choice Dessert	31 Ham & Beans OR Ranch Chicken Cooked Cabbage Tomato Salad Cornbread/Crackers/Roll Mixed Fruit Dessert or Cherry Cheesecake			