

NOVEMBER 2020

SERVING 11:00 – 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

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Riblet OR Stuffed Bell Pepper Black Eyed Peas Seasoned Spinach WG Bread Mandarin Oranges or Mixed Berry Crisp	3 Ground Beef Stroganoff OR Poppysseed Chicken Savory Carrots Lima Beans WG Hot Roll Emerald Isle Dessert	4 Stuffed Baked Potato OR Chicken Alfredo Fried Okra Garden Salad WG Hot Roll Fruit Salad or Oreo Cheesecake	5 Chicken & Dumplings OR Beef French Dip/Bun Green Beans Buttered Corn Peach Crisp or Peach Pie	6 Chili Chicken Bake OR Fried Fish/Hushpuppies Golden Hominy Garden Salad WG Bread Cottage Cheese w/ Pineapple or German Chocolate Cake
9 BBQ Meatballs OR Sweet 'n Sour Chicken Brown Rice Glazed Baby Carrots Green Peas Bread Slice Pineapple Tidbits or Iced Cherry Cake	10 Chicken Pot Pie OR Beef Stew Seasoned Broccoli Strawberry Gelatin Salad WG Hot Roll Mixed Fruit or Apple Streusel Cake	11 CENTER CLOSED THANK YOU, VETERANS, FOR YOUR SERVICE TO OUR COUNTRY!	12 Pepper Steak OR BBQ Chicken Breast Mashed Potatoes Green Beans WG Hot Roll Blushing Pears or Coconut Delight	13 Patty Melt OR Fried Fish & Hushpuppies Seasoned Potato Wedges Creamy Coleslaw Cinnamon Applesauce or Cook's Sweet Treat
16 Lasagna OR Chicken Bacon Ranch Buttered Corn Garden Salad Garlic Bread Tropical Fruit or Fruit Cocktail Cake	17 Honey Mustard Baked Chicken OR Country Fried Steak Mashed Potatoes Cal Blend Veggies Hot Roll Apricots or Cranberry Crisp	18 Chicken & Rice OR BBQ Pulled Pork Mixed Vegetables Pickled Beets Hot Roll / Bun Chilled Peaches or Black Forest Cake	19 Roast Turkey /Gravy OR Ham Slice Dressing Sweet Potatoes Green Beans Cranberry Salad WG Hot Roll Pumpkin D-Light or Pumpkin Pie/Topping	20 Fish: Baked or Fried OR Sloppy Joe on Bun Baked Beans Tater Tots Coleslaw WG Bread Slice SF Gelatin w/ Bananas Or Cherry Cheesecake
23 Chili Mac OR Chicken & Noodles Buttered Corn Steamed Broccoli WG Crackers Mixed Fruit Dessert or Peach Dump Cake	24 Ham & Beans OR Cabbage Roll Oven Fried Potatoes Zucchini & Tomatoes Cornbread and Crackers Spiced Peaches or Brownie	25 Kettle Beef OR Polish Sausage Mashed Potatoes Sauerkraut Glazed Carrots Hot Roll Fruit Crisp or Cherry Pie	26 HAPPY THANKSGIVING! THERE'S ALWAYS SOMETHING TO BE THANKFUL FOR!!!	27 CENTER CLOSED HAPPY THANKSGIVING LONG WEEKEND BREAK
30 Spaghetti with Meat Sauce OR Cranberry Glazed Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Applesauce Cake				