

# OCTOBER 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

SERVING 11:00 – 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
			1 Chicken & Dressing OR Glazed Ham Slice Green Beans Buttered Corn WG Hot Roll Cinnamon Applesauce or Pumpkin Bar	2 Chicken Salad OR Fried Fish/Hushpuppies Baked Beans Marinated Vegetables WG Bread or Croissant SF Gelatin w/ Bananas or Sweet Treat Dessert
5 Swedish Meatballs OR Sweet 'n Sour Chicken Brown Rice Glazed Baby Carrots Green Peas Bread Slice Pineapple Tidbits or Iced Cherry Cake	6 Potato Soup w/ Ham on a Bun OR Hard Shell Beef Tacos w/ Pinto Beans Fried Okra Garden Salad Mandarin Oranges or Banana Pudding	7 Chicken Pot Pie OR Beef Stew Seasoned Broccoli Strawberry Gelatin Salad WG Hot Roll Mixed Fruit or Apple Streusel Cake	8 Pepper Steak OR BBQ Chicken Breast Mashed Potatoes Green Beans WG Hot Roll Blushing Pears or Coconut Delight	9 Patty Melt OR Fried Fish & Hushpuppies Seasoned Potato Wedges Creamy Coleslaw Cinnamon Applesauce or Blueberry Cobbler
12 <b>CENTER CLOSED FOR THE COLUMBUS DAY HOLIDAY!</b>	13 Lasagna OR Chicken Bacon Ranch Buttered Corn Garden Salad Garlic Bread Tropical Fruit or Fruit Cocktail Cake	14 Chicken & Rice OR BBQ Pulled Pork Mixed Vegetables Pickled Beets Hot Roll / Bun Chilled Peaches or Black Forest Cake	15 Honey Mustard Baked Chicken OR Country Fried Steak Mashed Potatoes Cal Blend Veggies Hot Roll Apricots or Cranberry Crisp	16 Fish: Baked or Fried OR Sloppy Joe on Bun Baked Beans Tater Tots Coleslaw WG Bread Slice SF Gelatin w/ Bananas Or Cherry Cheesecake
19 Chili Mac OR Mexican Chicken Stew Buttered Corn Steamed Broccoli WG Crackers Mixed Fruit Dessert or Peach Dump Cake	20 Ham & Beans OR Cabbage Roll Oven Fried Potatoes Zucchini & Tomatoes Cornbread and Crackers Spiced Peaches or Brownie	21 Crisp Baked Chicken OR Beef Pot Pie Mashed Potatoes Vegetable Blend Hot Roll Warm Apples w/ Raisins Or Spice Cake	22 Kettle Beef OR Polish Sausage Mashed Potatoes Sauerkraut Glazed Carrots Hot Roll Fruit Crisp or Cherry Pie	23 Chicken Tenders OR Fried Fish Seasoned Cauliflower Parmesan Peas Coleslaw Whole Grain Bread Mandarin Oranges or Sweet Treat Dessert
26 Spaghetti with Meat Sauce OR Cranberry Glazed Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Applesauce Cake	27 Ham Slice with Raisin Sauce OR Chicken Cordon Bleu Casserole Sweet Potatoes Green Beans Hot Roll Seasoned Baked Pineapple or Honey Bun Cake	28 Beef Vegetable Soup & 1/2 Cheese Sandwich OR Fried Chicken Livers Fried Okra Pickled Beets Crackers Chilled Pears or Assorted Cookies	29 Meatloaf OR Ranch Chicken Thighs Au Gratin Potatoes Brussels Sprouts Hot Roll Applesauce or Apple Pie	30 Fish: Baked or Fried OR Chicken Breast Sandwich Mixed Beans Mac-n-Cheese Creamy Coleslaw WG Bread / Bun Mixed Fruit or Texas Sheet Cake