

ROUTE:

NAME:

September 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
<p>??? QUESTION ???</p> <p>ARE YOU ON MEDICAID?</p> <p>YES NO</p>	<p>1 Ham & Beans OR Chicken Livers Oven Potatoes/ Onion Tomato Salad Cornbread/Crackers Mixed Fruit Dessert or Lemon Pineapple Cake</p>	<p>2 BBQ Chicken OR Pulled Pork Sweet Potato Wedges Coleslaw WG Bread SF Apple Crisp or Southern Ambrosia</p>	<p>3 Meatloaf OR Chicken Tenders Mashed Potatoes Green Beans Glazed Carrots WG Hot Roll Warm Spiced Peaches or Cherry Pie</p>	<p>4 Fish: Baked or Fried OR Chili Dog Potato Salad Sweet 'n Sour Beets WG Bread Mandarin Oranges Or Orange Cake</p>
<p>7</p> <p>CENTER CLOSED FOR THE LABOR DAY HOLIDAY</p>	<p>8 Fiesta Taco Bake OR Patty Melt Seasoned Pinto Beans Buttered Corn Tomatoes WG Bread Tropical Fruit or Dusted Lemon Bar</p>	<p>9 Chicken & Spinach Alfredo Pasta OR Sausage w/ pasta & Marinara Sauce Steamed Broccoli Garden Salad WG Garlic Bread Citrus Fruit Dessert or Cherry DumpCake</p>	<p>10 Chopped Steak OR Roasted Chicken Thighs Mashed Potatoes/Gravy Green Beans WG Hot Roll SF Fruit Crisp or Blueberry Pie</p>	<p>11 Chicken Sandwich OR Fried Fish w/Hushpuppies Baked Beans Coleslaw WG Bun or Bread Chilled Applesauce or German Chocolate Cake</p>
<p>14 Ground Beef Stroganoff OR Chicken Parmesan Buttered Noodles Lima Beans Seasoned Cauliflower WG Bread Slice Blushing Pears or Chilled Creamy Fruit</p>	<p>15 Roasted Pork w/ Gravy OR French Dip Sandwich Sweet Potatoes Cooked Cabbage WG Hot Roll Chilled Pineapple or Apple Streusel Cake</p>	<p>16 Meatballs in Gravy OR Sweet 'n Sour Chicken Long Grain Rice Cal Blend Vegetables Cucumber Salad WG Hot Roll Mandarin Oranges or Iced Orange Cake</p>	<p>17 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes Cooked Carrots Lettuce Salad WG Hot Roll SF Pudding w/ Peaches or Blackberry Cobbler</p>	<p>18 BBQ Riblet on Bun OR Fried Fish W/Hushpuppies Potato Salad Sliced Tomatoes Coleslaw WG Bun or Bread Fresh Melon Dessert or Sweet Treat Dessert</p>
<p>21 Apricot Glazed Turkey Slice OR Beef Liver & Onions Seasoned Carrots Mashed Potatoes Cranberry Sauce WG Hot Roll SF Apple Crisp or Applesauce Cake</p>	<p>22 Ham Slice OR Gold Roasted Chicken Thighs Scalloped Potatoes Roasted Brussels Sprouts WG Hot Roll Pineapple w/ Coconut or Pineapple Right-Side-Up Cake</p>	<p>23 Lasagna OR Poppyseed Chicken Casserole Buttered Corn Garden Salad Garlic Bread Citrus Fruit Salad or Cookies & Cream Dessert</p>	<p>24 Chicken & Dumplings OR Italian Beef Seasoned Spinach Pickled Beets WG Hot Roll Warm Spiced Peaches or Peach Pie</p>	<p>25 Fish Sandwich OR Smothered Bratwurst Baked Beans Seasoned Potato Wedges Coleslaw WG Bun Emerald Isle Dessert</p>
<p>28 Bell Pepper Steak OR Polish Sausage Mashed Potatoes Sauerkraut Steamed Broccoli WG Bread Blushing Pears or Assorted Cookies</p>	<p>29 Pork Chop OR Reuben Casserole Sweet Potatoes Seasoned Cauliflower WG Hot Roll SF Peach Crisp or Lemonade Cake</p>	<p>30 Tacos OR Cabbage Roll Seasoned Pinto Beans Hominy Garden Salad WG Bread Slice Tropical Fruit or Angel Food Cake</p>		