

August 2026

The actual cost of each meal is about \$9.00

A suggested contribution of \$5.00 or more per meal applies

Guests under age 60 pay \$9.00 to the hostesses

LIKE “Cape Girardeau Senior Center” on Facebook

SERVING 11:00 – 12:30 MON. – FRI.

921 Clark Ave.

Cape Girardeau, MO 63701

www.capeseniorcenter.org

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sausage & Scrambled Eggs OR Chicken Tenders Biscuit & Gravy Hashbrowns & Onion Orange Juice Warm Cinnamon Apples	4 Taco Salad OR Chicken Soft Taco Tortilla Chips Black Bean Corn Salad WG Crackers Chilled Pears or Black Forest Cake	5 Sloppy Joe on Bun OR Chili Dog Baked Potato Cal Blend Veggies WG Bun or Bread Mandarin Oranges or Iced Orange Cake	6 Chicken Cheddar Broccoli Casserole OR Ham Slice Glazed Carrots Creamed Corn WG Hot Roll SF Pudding w/ Fruit or Strawberry Shortcake	7 BBQ Pulled Pork OR Fried Cod Fish w/ Hushpuppies Sweet Potato Fries Seasoned Broccoli WG Bun or Bread Chilled Pineapple or Ice Cream
10 Sweet ‘n Sour Pork OR Pineapple Chicken Seasoned Rice Peas & Carrots Asian Blend Veggies WG Bread Slice Applesauce or Cook’s Choice Dessert	11 Tuna Salad OR Turkey Bacon Wrap Sweet ‘n Sour Beets Carrot Ginger Salad Potato Chips WG Bread or Crackers Fruit Cocktail or Peanut Butter Delight	12 BBQ Riblet OR Poppysseed Chicken Casserole Baked Beans Spinach Salad WG Bun or Bread Slice Chilled Pineapple or Ambrosia Dessert	13 Chicken/ Dumplings OR Honey Garlic Meatballs Green Beans Stewed Tomatoes WG Hot Roll Chilled Peaches or Blackberry Cobbler	14 FISH: Baked or Fried OR Meat-Cheese Pizza Seasoned Potato Wedges Pineapple Coleslaw WG Bread Slice Blushing Pears or Lemonade Cake
17 Beef Goulash OR Chicken Tortellini Green Beans Cauliflower Garden Salad WG Garlic Bread Emerald Isle Dessert	18 Beef Patty Melt OR Open Face Turkey on Bread w/ Potatoes Vegetable Blend Broccoli Salad WG Bread SF Berry Crisp or Coconut Delight	19 Chicken Shepherd’s Pie OR Mushroom Chopped Steak /Potato Brussel Sprouts 3 Bean Salad WG Hot Roll Mandarin Oranges or Peach Dump Cake	20 Ham and Beans OR Homemade Meatloaf Zucchini & Tomatoes Oven Fried Potatoes w/ Onions Cornbread & Crackers Peaches & Cottage Cheese or Apple Pie	21 Chicken Sandwich OR Fried Fish Sweet Potato Fries Spinach Salad WG Bun or Bread SF Gelatin with Pears or Blueberry Fluff
24 Pepper Steak OR Roasted Chicken Legs Rice Pilaf Steamed Cabbage Buttered Corn WG Bread Slice Blushing Pears or Fresh Baked Cookies	25 Meatball Stroganoff OR Hot Chicken Salad Buttered Noodles Cal. Blend Vegetables Lima Beans WG Bread Slice Mandarin Oranges or Peach Cobbler	26 Chicken Parmesan OR Cabbage Roll Marinara Pasta Italian Blend Veggies Garden Salad Garlic Bread Chilled Peaches or Melon Blend Dessert	27 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Seasoned Green Beans Green Pea Salad WG Hot Roll SF Peach Crisp or Texas Sheet Cake	28 Sub Sandwich OR Chicken Caesar Pasta Salad Potato Salad Cucumber Onion Salad WG Bun or Crackers Chilled Seedless Grapes or Iced Yellow cake
31 Pork Chop Supreme OR Garlic Romano Chicken Breast Au Gratin Potatoes Winter Blend Veggie WG Hot Roll Cinnamon Applesauce Or Cinnamon Swirl Cake				