

July 2026

The actual cost of each meal is about \$9.00

A suggested contribution is \$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
		1 Taco Salad OR Chicken Soft Taco Tortilla Chips Black Bean Corn Salad WG Crackers Chilled Pears or Iced Cherry Cake	2 Chicken Cheddar Broccoli Casserole OR Ham Slice Glazed Carrots Creamed Corn WG Hot Roll SF Pudding w/ Fruit or Coconut Cream Dessert	3 Center Closed For the 250 th Celebration of our Nation
6 Sweet ‘n Sour Pork OR Orange Chicken Seasoned Rice Peas & Carrots Asian Blend Veggies WG Bread Slice Applesauce or Peanut Butter Delight	7 Tuna Salad OR Turkey Bacon Wrap Sweet ‘n Sour Beets Carrot Ginger Salad Potato Chips WG Bread or Crackers Fruit Cocktail or Peach Dump Cake	8 BBQ Riblet OR Poppysseed Chicken Casserole Baked Beans Spinach Salad WG Bun or Bread Slice Chilled Pineapple or Ambrosia	9 Chicken & Dumplins’ OR Honey Garlic Meatballs Green Beans Stewed Tomatoes WG Hot Roll Chilled Peaches or Blackberry Cobbler	10 FISH: Baked or Fried OR BBQ Pulled Pork Seasoned Potato Wedges Pineapple Coleslaw WG Bread Slice Blushing Pears or Lemonade Cake
13 Beef Goulash OR Chicken Tortellini Green Beans Cauliflower Garden Salad WG Garlic Bread Emerald Isle Dessert	14 Beef Patty Melt OR Open Face Turkey on Bread w/ Potatoes Vegetable Blend Broccoli Salad WG Bread SF Berry Crisp or Peach Cobbler	15 Chicken Shepherd’s Pie OR Mushroom Chopped Steak /Potato Brussel Sprouts 3 Bean Salad WG Hot Roll Mandarin Oranges or Cook’s Choice Dessert	16 Ham and Beans OR Homemade Meatloaf Zucchini & Tomatoes Oven Fried Potatoes w/ Onions Cornbread & Crackers Peaches & Cottage Cheese or Apple Pie	17 Chicken Sandwich OR Fried Fish Sweet Potato Fries Spinach Salad WG Bun or Bread SF Gelatin with Pears or Blueberry Fluff
20 Pepper Steak OR Roasted Chicken Legs Rice Pilaf Steamed Cabbage Buttered Corn WG Bread Slice Blushing Pears or Fresh Baked Cookies	21 Meatball Stroganoff OR Hot Chicken Salad Buttered Noodles Cal. Blend Vegetables Lima Beans WG Bread Slice Mandarin Oranges or Iced Yellow Cake	22 Chicken Parmesan w/ Pasta and Marinara OR French Dip /Bun Italian Blend Veggies Garden Salad Garlic Bread or Bun Chilled Peaches or Pudding, Home Delivered Ice Cream, In-House	23 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Seasoned Green Beans Green Pea Salad WG Hot Roll SF Peach Crisp or Melon Blend Dessert	24 Sub Sandwich OR Chicken Caesar Pasta Salad Potato Salad Cucumber Onion Salad WG Bun or Crackers Chilled Seedless Grapes or Strawberry Shortcake
27 Pork Chop Supreme OR Garlic Romano Chicken Breast Au Gratin Potatoes Winter Blend Veggie WG Hot Roll Cinnamon Applesauce Or Cinnamon Swirl Cake	28 Chicken Tetrzzini OR Cook’s Choice Soup Buttered Carrots Tossed Salad WG Hot Roll Citrus Fruit Salad or Pineapple Right Side Up Cake	29 BBQ Chicken OR Ham & Cheese Croissant Baked Beans Spinach Au Gratin WG Hot Roll SF Gelatin w/ Bananas or Chocolate Cake	30 Homemade Meatloaf OR Smothered Bratwurst Mashed Potatoes Green Beans Gelatin Salad WG Hot Roll Warm Spiced Peaches or Cinnamon Roll	31 FISH: Baked or Fried OR Cheeseburger Coleslaw Seasoned Wedges WG Bread or Bun Blushing Pears or Cheesecake Dessert