

# June 2026

The actual cost of each meal is about \$8.69

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 Sweet 'n Sour Pork OR Orange Chicken Seasoned Rice Peas & Carrots Asian Blend Veggies WG Bread Slice Applesauce or Peanut Butter Delight	2 Tuna Salad OR Turkey Bacon Wrap Sweet 'n Sour Beets Carrot Ginger Salad Potato Chips WG Bread or Crackers Fruit Cocktail or Fruited Gelatin Dessert	3 BBQ Riblet OR Chicken Livers Baked Beans Spinach Salad WG Bun or Bread Slice Chilled Pineapple or Lemonade Cake	4 Chicken & Dumplings OR Honey Garlic Meatballs Green Beans Stewed Tomatoes WG Hot Roll Chilled Peaches or Peach Dump Cake	5 FISH: Baked or Fried OR Meat Pizza Seasoned Potato Wedges Coleslaw WG Bread Slice Blushing Pears or Ambrosia
8 Beef Goulash OR Chicken Tortellini Green Beans Cauliflower Garden Salad WG Garlic Bread Emerald Isle Dessert	9 Beef Patty Melt OR Open Face Turkey on Bread w/ Potatoes Vegetable Blend Broccoli Slaw WG Bread SF Berry Crisp or Peach Cobbler	10 Chicken Shepherd's Pie OR Mushroom Chopped Steak /Potato Brussel Sprouts Kidney Bean Salad WG Hot Roll Mandarin Oranges or Iced Cherry Cake	11 Ham and Beans OR Homemade Meatloaf Zucchini & Tomatoes Oven Fried Potatoes w/ Onions Cornbread & Crackers Peaches & Cottage Cheese or Apple Pie	12 Chicken Sandwich OR Fried Fish Sweet Potato Fries Spinach Salad WG Bun or Bread SF Gelatin with Pears or Blueberry Fluff
15 Pepper Steak OR Roasted Chicken Legs Rice Pilaf Steamed Cabbage Buttered Corn WG Bread Slice Blushing Pears or Fresh Baked Cookies	16 Meatball Stroganoff OR Hot Chicken Salad Buttered Noodles Cal. Blend Vegetables Lima Beans WG Bread Slice Mandarin Oranges or Iced Yellow Cake	17 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	18 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Seasoned Green Beans Green Pea Salad WG Hot Roll SF Peach Crisp OR Strawberry Shortcake	19  <b>Center Closed for the Juneteenth Federal Holiday</b>
22 Pork Chop Supreme OR Garlic Romano Chicken Breast Au Gratin Potatoes Winter Blend Veggie WG Hot Roll Cinnamon Applesauce Or Cinnamon Swirl Cake	23 Chicken Tetrzzini OR Reuben Casserole Buttered Carrots Tossed Salad WG Hot Roll Citrus Fruit Salad or Pineapple Right Side Up Cake	24 BBQ Chicken OR Ham & Cheese Croissant Baked Beans Spinach Au Gratin WG Hot Roll SF Gelatin w/ Bananas or German Chocolate Cake	25 Homemade Meatloaf OR Smothered Bratwurst Mashed Potatoes Green Beans Gelatin Salad WG Hot Roll Warm Spiced Peaches or Cinnamon Roll	26 FISH: Baked or Fried OR Cheeseburger Coleslaw Seasoned Wedges WG Bread or Bun Blushing Pears or Cheesecake Dessert
29 Sausage & Scrambled Eggs OR Chicken Tenders Pancakes & Syrup Hashbrowns & Onion Orange Juice Warm Cinnamon Apples	30 Sloppy Joe on Bun OR Tomato Soup w/ Toasted Cheese Sand. Baked Potato Cal Blend Veggies WG Bun or Bread Mandarin Oranges or Iced Orange Cake			