

# MARCH 2026

The actual cost of each meal is about \$8.69  
 A 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 N. Clark St.  
 Cape Girardeau, MO 63701  
[www.capeseniorcenter.org](http://www.capeseniorcenter.org)  
 573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Sandwich OR Tomato Soup & Toasted Cheese Sand. Potato Wedges Seasoned Broccoli WG Bun / Bread Chilled Pineapple or Pineapple Right Side Up Cake	3 Ham & Beans OR Beef French Dip Sand On WG Bun Oven Fries & Onions Macaroni & Tomatoes Cornbread & Crackers Peaches & Cottage Cheese or Peach Cobbler	4 Beef Tomato Cabbage Scallop OR Poppseed Chicken Calif Blend Veggies Roasted Squash WG Hot Roll Chilled Pears or Spice Cake w/Caramel Icing	5 Meatloaf OR Oven Fried Chicken Chantilly Potatoes Country Green Beans Layered Lettuce Salad WG Hot Roll Warm Cinnamon Apples or Apple Pie	6 FISH: Baked or Fried OR BBQ Pulled Pork Baked Beans Mac-n-Cheese Coleslaw WG Bread or Bun Mandarin Oranges or Fresh Baked Cookies
9 Beefy Macaroni Casserole OR Cordon Bleu Casserole Buttered Peas Glazed Carrots WG Bread Slice Fruit Cocktail or Pecan Dump Cake	10 Potato Soup with Ham & Cheese Sand OR Sweet & Sour Chicken w/ Rice Mixed Vegetables Caesar Salad WG Bread Mandarin Oranges or Chocolate Cake	11 Chicken Parmesan w/ Pasta OR Beef Stroganoff Italian Vegetable Blend Hot Buttered Corn WG Garlic Bread Tropical Fruit Blend or Banana Pudding	12 Orange Pork Loin OR Beef Stew Sweet Potato Winter Blend Veggies WG Hot Roll SF Peach Crisp or Cranberry Crisp	13 Beef and Bean Chili w/ Peanut Butter Sand. OR Fried Fish Baked Potato Kidney Bean Salad WG Bread and Crackers SF Gelatin w/ Pears or Iced Carrot Cake
16 Cheese Omelet & Sausage Patty or Chicken Tenders Country Fries & Onions WG Biscuit & Gravy Bananas & Pineapple Orange Juice	17 Corned Beef OR Ham Slice Steamed Cabbage Buttered Parsley Potatoes Emerald Isle Salad WG Hot Roll SF Fruit Crisp or St. Patrick’s Day Cake	18 Homemade Meatloaf OR Chicken Pot Pie Seasoned Green Beans Okra & Tomatoes WG Hot Roll Chilled Peaches or Coconut Delight	19 Chicken & Dressing OR Country Fried Steak Mashed Potatoes Country Blend Veggies Pickled Beets WG Hot Roll SF Warm Apple & Raisins or Pumpkin Crunch Dessert	20 FISH: Baked or Fried OR BBQ Chicken Wings Seasoned Potato Wedges Creamy Coleslaw WG Bread or Bun Mandarin Oranges or Iced Cherry Cake
23 Spaghetti & Meat Sauce OR Cream of Broccoli Soup w/ Sandwich Parmesan Peas Garden Salad WG Garlic Bread Tropical Fruit or Fresh Baked Cookies	24 Chicken & Rice Casserole OR Cabbage Roll/Potatoes Seasoned Broccoli Pickled Beets WG Bread Blushing Pears or Strawberry Shortcake	25 Ham & Beans OR Cabbage Roll Spinach Au Gratin Stewed Tomatoes Cornbread & WG Crackers Peaches & Cottage Cheese or Cranberry Spice Cake	26 Open Face Roast Beef OR BBQ Ribs Mashed Potatoes Seasoned Green Beans WG Bread Slice Applesauce or Oatmeal Cake	27 Beef Patty Melt OR Fried Fish & Hushpuppies Sweet Potato Fries Creamy Coleslaw SF Banana Pudding or Sugar Dusted Brownies
30 Beefy Soft Taco OR Chef Salad Refried Beans Tortilla Chips Tropical Fruit Blend or Fruit Cocktail Cake	31 Ham Slice OR Almond Dijon Chicken Au Gratin Potatoes Green Beans Orange Fluff Salad WG Hot Roll SF Apple Crisp or Applesauce Cake			