

# APRIL 2021

The actual cost of each meal is \$6.00

The Center's suggested contribution is \$3.00 per meal

Guests under age 60 pay \$6.00 to the hostesses

LIKE "Cape Girardeau Senior Center" on Facebook

SERVING 11:15 – 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
			1 Chicken and Dumplings OR French Dip on Bun Green Beans Buttered Corn Coleslaw Peach Crisp or Peach Pie	<sup>2</sup> CENTER CLOSED FOR GOOD FRIDAY  HAPPY EASTER!
5 Saucy Meatballs OR Chicken Parmesan Parsley Buttered Pasta Glazed Carrots Buttered Corn Garlic Bread Mandarin Oranges or Fresh Baked Cookies	6 Ham & Beans OR Hot Chicken Salad Oven Fried Potatoes w/ Onions Stewed Tomatoes Cornbread and Crackers Pears and Cottage Cheese or Lemon Pineapple Cake	7 Chicken Tenders OR Sloppy Joe Tater Tots Seasoned Spinach WG Bread or Bun Tropical Fruit or Southern Ambrosia	8 Oven Fried Chicken OR Reuben Casserole Mashed Potatoes/Gravy Green Beans Biscuit Warm Cinnamon Apples or Cherry Pie	9 Fish: Baked or Fried OR Smothered Bratwurst Baked Beans Creamy Coleslaw WG Bread / Bun Spiced Peaches or Orange Poke Cake
12 Ham Slice OR Poppyseed Chicken Sweet Potatoes Blackeyed Peas Garden Lettuce Salad WG Hot Roll SF Baked Pineapple or Oreo Cheesecake	13 BBQ Chicken OR Bell Pepper Steak Oven Fried Okra Golden Hominy WG Hot Roll Chilled Apricots or Dusted Lemon Bar	14 Smothered Pork OR Chicken Alfredo Oven Roasted Beets Lima Beans WG Bread SF Pudding with Bananas or Cherry Dump Cake	15 Meatloaf OR Romano Chicken Breast Chantilly Potatoes Green Beans WG Hot Roll SF Apple Crisp or Coconut Cake	16 Cheeseburger OR Fried Fish/Hushpuppies German Potato Salad Zucchini & Tomatoes Pickles & Onions Chilled Plums or German Chocolate Cake
19 Spaghetti w/ Meaty Sauce OR Chicken Country Casserole Italian Blend Veggies Tossed Lettuce Salad Garlic Bread Chilled Peaches or Assorted Cookies	20 Tuna Salad OR Chicken Pasta Salad 3-Beans Salad Sliced Tomatoes Whole Wheat Crackers Chilled Grapes or Apple Streusel Cake	21 Beef Taco Salad OR Turkey Bacon Sub Sandwich Lettuce & Tomato Corn & Black Beans Tortilla Chips/Crackers Tropical Fruit or Angel Food Cake	22 Chicken & Dumplings OR Italian Beef Seasoned Spinach Roasted Asparagus WG Hot Roll / Bun Blushing Pears or Blackberry Cobbler	23 Lemon Pepper Baked Fish OR Sweet-n-Sour Chicken Seasoned Brown Rice Glazed Carrots Brussels Sprouts WG Bread Slice Warm Apples & Raisins or Sweet Treat Dessert
26 BBQ Riblet w/ Mashed Potatoes OR Beef Burrito/Rice Seasoned Broccoli Warm Corn Salad WG Bun or Bread Chilled Plums or Applesauce Cake	27 Scrambled Eggs and Sausage Patty OR Chicken Tenders Baked Hashbrowns w/ Onions Biscuit & Gravy Chilled Creamy Fruit Orange Juice Bran Muffin	28 Chicken & Rice OR Beef Tater Tot Casserole Squash Blend Garden Lettuce Salad WG Hot Roll Baked Pineapple or Pineapple Right Side Up cake	29 Salisbury Steak OR Polish Sausage Mashed Potatoes Sauerkraut Green Beans WG Hot Roll Mixed Berry Crisp or Coconut Delight	30 Crispy Chicken Sandwich on Bun or Fried Fish/Hushpuppies Seasoned Potato Wedges Coleslaw WG Bun or Bread Mandarin Oranges or Cookies & Cream Dessert