

December 2021

SERVING 11:00 – 12:30 MON. – FRI.

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

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921 N. Clark St.

Cape Girardeau, MO 63701

www.capeseniorcenter.org

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Tetrizzini OR Sausage Mostaccioli Buttered Corn Tossed Garden Salad WG Garlic Bread Mandarin Oranges or Coconut Cake	2 Poppy Seed Chicken Casserole OR Polish Sausage Sauerkraut Mashed Potatoes Pickled Beets WG Hot Roll SF Peach Crisp or German Chocolate Cake	3 BBQ Pulled Pork OR Fried Fish Breaded Okra Baked Beans Creamy Coleslaw WG Bread / Bun Pineapple Tidbits or Cook's Choice Dessert
6 Tortellini w/ Ham and Peas OR Almond Dijon Chicken Glazed Carrots Steamed Squash WG Hot Roll Pineapple Tidbits or Honey Bun Cake	7 Sloppy Joe on Bun OR Pork Chop w/ Apple Stuffing Baby Baker Potatoes Steamed Broccoli Mandarin Oranges or Banana Pudding with Cookies	8 Chicken Parmesan w/WG Pasta & Sauce OR Saucy Meatballs Italian Blend Veggie Garden Salad Garlic Bread Chilled Peaches or Almond Cake	9 Kettle Beef OR Lemon Chicken Mashed Potatoes Green Bean WG Hot Roll SF Apple Crisp OR Peanut Butter Cheesecake	10 Fish Sandwich on Bun OR Chili Dog Potato Salad Creamy Coleslaw Mixed Fruit Dessert or Apple Dump Cake
13 Pulled Pork in Gravy OR Chicken Pot Pie Mashed Potatoes Seasoned Cabbage Pickled Beets WG Bread Slice SF Peach Crisp or Black Forest Cake	14 Chicken and Noodles OR Beef Stew California Blend Veg Lima Beans WG Bread Slice Chilled Apricots or Assorted Cookies	15 Meatloaf OR Ranch Style Chicken Mashed Potatoes Brussels Sprouts Green Pea Salad WG Hot Roll Cinnamon Applesauce or Cranberry Crisp	16 Roast Turkey OR Ham Slice Dressing / Gravy Sweet Potatoes Green Bean Casserole Cranberry Salad WG Hot Roll Pumpkin D-Lite or Pecan Pie	17 Potato Soup w/ Hot Ham and Cheese Sand OR Fried Fish & Hushpuppies Vidalia Onion Slaw Cooked Carrots Blushing Pears or Blonde Brownie
20 Scrambled Eggs & Sausage OR Chicken Tenders Hash browns w/ Onions Biscuit & Gravy Citrus Fruit Dessert w/ Bananas	21 Sweet & Sour Pork OR Cranberry Glazed Chicken Breast Seasoned Rice Asian Veggie Blend Green Peas WH Hot Roll Baked Pineapple or Pineapple Cake/Topping	22 Crisp Baked Chicken OR Open Faced Roast Beef Mashed Potatoes Seasoned Broccoli WG Hot Roll / Bread SF Fruit Crisp or Egg Custard Pie	23 CENTER CLOSED FOR THE CHRISTMAS HOLIDAY	24 CENTER CLOSED FOR THE CHRISTMAS HOLIDAY
27 Chicken Strips with Seasoned Potato Wedges OR Beef and Noodles Seasoned Baby Carrots WG Bread Banana or Poor Man's Peach Cobbler	28 Ham and Beans OR Chuck Wagon Steak w/ Potatoes Zucchini & Tomatoes Seasoned Spinach Cornbread or Biscuit Mixed Fruit or Iced Spice Cake	29 Lasagna OR Chicken Cordon Bleu Buttered Corn Lettuce Salad WG Garlic Bread Tropical Fruit or Chocolate Cream Pie	30 Salisbury Steak OR Chicken Supreme Mashed Potatoes California Veg Blend WG Hot Roll Baked Apples & Raisins or Iced Applesauce Cake	31 CENTER CLOSED FOR THE NEW YEAR HOLIDAY WEEKEND