

# JANUARY 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

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
				1 <b>CENTER CLOSED</b>  <b>HAPPY NEW YEAR</b>  <b>2021</b>
4 Beef Vegetable Soup & 1/2 Cheese Sandwich OR Fried Chicken Livers Buttered Corn Pickled Beets Crackers Chilled Pears or Iced Cherry Cake	5 Ham Slice with Raisin Sauce OR Chicken Cordon Bleu Casserole Sweet Potatoes Green Beans Hot Roll Seasoned Baked Pineapple or Honey Bun Cake	6 Spaghetti with Meat Sauce OR Cranberry Glazed Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Assorted Cookies	7 Meatloaf OR Ranch Chicken Thighs Mashed Potatoes Brussels Sprouts Hot Roll Applesauce or Apple Pie	8 Fish: Baked or Fried OR Chicken Breast Sandwich Mixed Beans Mac-n-Cheese Creamy Coleslaw WG Bread / Bun Mixed Fruit or Texas Sheet Cake
11 BBQ Riblet OR Polish Sausage Black Eyed Peas Seasoned Spinach Sauerkraut Cornbread Mandarin Oranges or Black Forest Cake	12 Ground Beef Stroganoff OR Poppysseed Chicken Savory Carrots Lima Beans WG Hot Roll SF Emerald Isle Dessert or Regular Emerald Isle Dessert	13 Stuffed Baked Potato w/ ham & broccoli OR Chicken Alfredo Fried Okra Tossed Garden Salad WG Hot Roll Fruit Salad or Lemonade Cake	14 Chicken & Dumplings OR Beef French Dip Sandwich Green Beans Buttered Corn Peach Crisp or Peach Pie	15 Chili Chicken Bake OR Fried Fish /Hushpuppies Hominy Coleslaw WG Bread Cottage Cheese w/ Pineapple OR Cook's Choice Dessert
18 <b>CENTER CLOSED IN OBSERVANCE OF THE MARTIN LUTHER KING, JR HOLIDAY</b>	19 BBQ Meatballs OR Sweet 'n Sour Chicken Brown Rice Glazed Baby Carrots Green Peas Bread Slice Pineapple Tidbits or Iced Orange Cake	20 Chicken Pot Pie OR Beef Stew Seasoned Broccoli Strawberry Gelatin Salad WG Hot Roll Mixed Fruit or Blueberry Cobbler	21 Pepper Steak OR BBQ Chicken Breast Mashed Potatoes Green Beans Lettuce Salad WG Hot Roll Blushing Pears or Coconut Delight	22 Patty Melt OR Fried Fish & Hushpuppies Seasoned Potato Wedges Creamy Coleslaw Wheat Bread Cinnamon Applesauce or Cinnamon Streusel Cake
25 Lasagna OR Chicken Bacon Ranch Casserole Buttered Corn Garden Salad Garlic Bread Tropical Fruit or Fruit Cocktail Cake	26 Smothered Pork Chop OR Oven Fried Chicken Au Gratin Potatoes Green Beans WG Bread SF Apple Crisp or German Chocolate Cake	27 Chicken & Rice OR BBQ Pulled Pork Mixed Vegetables Pickled Beets Hot Roll / Bun Chilled Peaches or Cranberry Crisp	28 Gold Roasted Chicken OR Country Fried Steak Mashed Potatoes Cal Blend Veggies Hot Roll Apricots or Iced Banana Cake	29 Fish: Baked or Fried OR Sloppy Joe on Bun Baked Beans Tater Tots Coleslaw WG Bread Slice SF Gelatin w/ Bananas Or Cherry Cheesecake