

MAY 2021

The actual cost of each meal is \$6.00

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

Guests under age 60 pay \$6.00 to the hostesses

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SERVING 11:00 – 12:30 MON. – FRI.

921 N. Clark St.

Cape Girardeau, MO 63701

www.capeseniorcenter.org

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Ham & Cheese on Bun OR Beef Tater Tot Casserole Baked Beans Steamed Squash WG Bun or Bread Slice Chilled Diced Pears or Banana Pudding	4 Mushroom Chopped Steak OR Polish Sausage/Kraut Mashed Potatoes California Blend Veg WG Hot Roll Chilled Peaches or Lemonade Cake	5 Italian Beef on Bun OR Roasted Chicken Thighs Spinach Salad Mixed Vegetables WG bun or Hot Roll Mixed Melon Dessert	6 Chicken & Dressing OR Cabbage Roll w/ Potatoes Green Beans Buttered Corn WG Hot Roll Cinnamon Applesauce or Apple Pie	7 Fish: Baked or Fried OR Jumbo Corn Dog Au Gratin Potatoes Tomato & Cucumber Salad WG Bread Chilled Fruit Cocktail or Angel Food Cake
10 Saucy Meatballs OR Chicken Parmesan Parsley Buttered Pasta Glazed Carrots Buttered Corn Garlic Bread Mandarin Oranges or Fresh Baked Cookies	11 Ham & Beans OR Hot Chicken Salad Oven Fried Potatoes w/ Onions Stewed Tomatoes Cornbread and Crackers Pears and Cottage Cheese or Lemon Pineapple Cake	12 Chicken Tenders OR Sloppy Joe Tater Tots Seasoned Spinach WG Bread or Bun Tropical Fruit or Fancy Fruit Salad	13 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Green Beans Biscuit Warm Cinnamon Apples or Cherry Pie	14 Fish: Baked or Fried OR Smothered Bratwurst Baked Beans Creamy Coleslaw WG Bread / Bun Spiced Peaches or Orange Poke Cake
17 Ham Slice OR Poppyseed Chicken Sweet Potatoes Blackeyed Peas Garden Lettuce Salad WG Hot Roll SF Baked Pineapple or Oreo Cheesecake	18 BBQ Chicken OR Bell Pepper Steak Oven Fried Okra Golden Hominy WG Hot Roll Chilled Apricots or Dusted Lemon Bar	19 Smothered Pork OR Chicken Alfredo Oven Roasted Beets Lima Beans WG Bread SF Pudding with Bananas or Cherry Dump Cake	20 Meatloaf OR Romano Chicken Breast Chantilly Potatoes Green Beans WG Hot Roll SF Apple Crisp or Coconut Cake	21 Cheeseburger OR Fried Fish/Hushpuppies German Potato Salad Zucchini & Tomatoes Pickles & Onions Chilled Plums or Sweet Treat Dessert
24 Spaghetti w/ Meaty Sauce OR Chicken Country Casserole Italian Blend Veggies Tossed Lettuce Salad Garlic Bread Chilled Peaches or Apple Streusel Cake	25 Tuna Salad OR Chicken Pasta Salad 3-Beans Salad Sliced Tomatoes Whole Wheat Crackers Chilled Grapes or Creamy Tropical Fruit Dessert	26 Beef Taco Salad OR Turkey Bacon Sub Sandwich Lettuce & Tomato Corn & Black Beans Tortilla Chips/Crackers Tropical Fruit or Strawberry Gelatin Dessert	27 Chicken & Dumplings OR Beef French Dip Seasoned Spinach Vegetable Blend WG Hot Roll / Bun Blushing Pears or Blackberry Cobbler	28 Lemon Pepper Baked Fish OR Sweet-n-Sour Chicken Seasoned Brown Rice Glazed Carrots Brussels Sprouts WG Bread Slice Warm Apples & Raisins or German Chocolate Cake
31 CENTER CLOSED FOR THE MEMORIAL DAY HOLIDAY				