

November 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

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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
1 Tortellini w/ Ham and Peas OR Almond Dijon Chicken Glazed Carrots Steamed Squash WG Hot Roll Pineapple Tidbits or Honey Bun Cake	2 Sloppy Joe on Bun OR Pork Chop w/ Apple Stuffing 1/2 Baked Potato Steamed Broccoli Mandarin Oranges or Banana Pudding with Cookies	3 Chicken Parmesan w/WG Pasta & Sauce OR Beef Stew Italian Blend Veggie Garden Salad Garlic Bread Chilled Peaches or Almond Cake	4 Kettle Beef OR Lemon Pepper Chicken Mashed Potatoes Green Beans WG Hot Roll SF Apple Crisp OR Peanut Butter Pie	5 Fish Sandwich on Bun OR Chili Dog Potato Salad Creamy Coleslaw Mixed Fruit Dessert or Cherry Dump Cake
8 Pork Roast OR Chicken Pot Pie Seasoned Cabbage Pickled Beets WG Bread Slice SF Peach Crisp or Coconut Delight	9 Chopped Steak w/ Onions & Mushrooms OR BBQ Chicken Mashed Potatoes Spinach Salad WG Hot Roll Tropical Fruit OR Assorted Cookies	10 Meatloaf OR Ranch Style Chicken Mashed Potatoes Brussels Sprouts Gelatin Salad WG Hot Roll Cinnamon Applesauce or Cranberry Crisp	11 CENTER CLOSED FOR THE VETERANS DAY HOLIDAY THANK YOU VETERANS!!!	12 Potato Soup w/ Hot Ham and Cheese Sand OR Fried Fish & Hushpuppies Vidalia Onion Slaw Cooked Carrots Blushing Pears or Blonde Brownie
15 Scrambled Eggs & Sausage OR Chicken Tenders Hash browns w/ Onions Biscuit & Gravy Citrus Fruit Dessert w/ Bananas	16 Sweet & Sour Pork OR Cranberry Glazed Chicken Breast Seasoned Rice Asian Veggie Blend Green Peas WH Hot Roll Baked Pineapple or Right Side Up Pineapple Cake	17 Crisp Baked Chicken OR Open Faced Roast Beef Mashed Potatoes Seasoned Broccoli WG Hot Roll / Bread SF Fruit Crisp or Blueberry Cobbler	18 Roast Turkey OR Ham Slice Dressing / Gravy Candied Sweet Potatoes Green Beans Cranberry Salad Hot Roll Pumpkin D-Lite or Pumpkin Pie \$5.00 Suggested contribution	19 FISH: Baked or Fried OR Beef Patty Melt Baked Beans Creamy Coleslaw WG Bread Mixed Fruit Dessert or Orange Poke Cake
22 Chicken Strips with Seasoned Potato Wedges OR Beef and Noodles Seasoned Baby Carrots WG Bread Banana or Poor Man's Peach Cobbler	23 Ham and Beans OR Chuck Wagon Steak w/ Potatoes Zucchini & Tomatoes Seasoned Spinach Cornbread or Biscuit Mixed Fruit or Iced Spice Cake	24 Lasagna OR Chicken Cordon Bleu Casserole Buttered Corn Lettuce Salad WG Garlic Bread Tropical Fruit or Chocolate Cream Pie	25 CENTER CLOSED FOR THANKSGIVING	26 CENTER CLOSED FOR THE THANKSGIVING HOLIDAY WEEKEND
29 Cheeseburger OR Turkey Bacon Melt Tater Tots Winter Blend Veggie WG Bun / Bread Cinnamon Applesauce OR Brownie	30 Beef and Bean Chili & 1/2 Sandwich OR Cabbage Roll Steamed Broccoli 1/2 Baked Potato WG Crackers Mixed Fruit Dessert or Chocolate Cake/PB Icing			