

# October 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

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 Fish: Baked or Fried OR Smothered Bratwurst Baked Beans Creamy Coleslaw WG Bread / Bun Spiced Peaches or Angel Food Cake
4 Chicken Parmesan w/WG Pasta & Sauce OR Beef Stew Italian Blend Veggie Garden Salad Garlic Bread Chilled Peaches or Almond Cake	5 Sloppy Joe on Bun OR Pork Chop w/ Apple Stuffing Baby Baker Potatoes Steamed Broccoli Mandarin Oranges or Banana Pudding with Cookies	6 Tortellini w/ Ham and Peas OR Almond Dijon Chicken Glazed Carrots Steamed Squash WG Hot Roll Pineapple Tidbits or Honey Bun Cake	7 Kettle Beef OR Lemon Pepper Chicken Mashed Potatoes Green Beans WG Hot Roll SF Apple Crisp OR Peanut Butter Pie	8 Fish Sandwich on Bun OR Tomato Soup with Toasted Cheese Sand. Potato Salad Creamy Coleslaw Mixed Fruit Dessert or Cherry Dump Cake
11  CENTER CLOSED FOR THE COLUMBUS DAY HOLIDAY	12 Chopped Steak w/ Onions & Mushrooms OR BBQ Chicken Mashed Potatoes Spinach Salad WG Hot Roll Tropical Fruit OR Assorted Cookies	13 Chicken and Noodles OR Saucy Meatballs and Buttered Noodles California Blend Veg Lima Beans WG Bread Slice Chilled Apricots or Cherry Dump Cake	14 Meatloaf OR Ranch Style Chicken Mashed Potatoes Brussels Sprouts Gelatin Salad WG Hot Roll Cinnamon Applesauce or Cranberry Crisp	15 Potato Soup w/ Hot Ham and Cheese Sand OR Fried Fish & Hushpuppies Vidalia Onion Slaw Cooked Carrots Blushing Pears or Blonde Brownie
18 Scrambled Eggs & Sausage OR Chicken Tenders Hash browns w/ Onions Biscuit & Gravy Sliced Tomatoes Citrus Fruit Dessert w/ Bananas	19 Sweet & Sour Pork OR Cranberry Glazed Chicken Breast Seasoned Rice Asian Veggie Blend Green Peas WH Bread Slice Baked Pineapple or Right Side Up Pineapple Cake	20 Crisp Baked Chicken OR Open Faced Roast Beef Mashed Potatoes Seasoned Broccoli WG Bread Slice SF Fruit Crisp or Orange Poke Cake	21 Chicken & Dressing OR Ham Slice Sweet Potatoes Green Beans WG Hot Roll Spiced Peaches or Iced Pumpkin Bar	22 FISH: Baked or Fried OR Beef Patty Melt Baked Beans Creamy Coleslaw WG Bread Mixed Fruit Dessert or Cook's Choice Dessert
25 Lasagna OR Chicken Cordon Bleu Buttered Corn Lettuce Salad WG Garlic Bread Tropical Fruit or Chocolate Cream Pie	26 Ham and Beans OR Chuck Wagon Steak w/ Potatoes Zucchini & Tomatoes Seasoned Spinach Cornbread or Biscuit Mixed Fruit or Spice Cake w/ Caramel Icing	27 Chicken Strips with Seasoned Potato Wedges OR Beef and Noodles Seasoned Baby Carrots WG Bread Banana or Poor Man's Peach Cobbler	28 Salisbury Steak OR Chicken Supreme Mashed Potatoes California Veg Blend WG Hot Roll Baked Apples & Raisins or Iced Applesauce Cake	29 Beef Vegetable Soup w/ 1/2 Pimento Cheese Sand OR Fried Fish Baked Mixed Beans Vinegar Slaw WG Crackers or Hushpuppies Chilled Peaches or Chocolate Pudding & Cookies