

September 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

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

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Smothered Pork OR Chicken Alfredo Lima Beans Pickled Beets WG Bread Banana Pudding w/ Cookies	2 Homemade Meatloaf OR Chicken Breast Chantilly Potatoes Green Beans Tossed Garden Salad WG Hot Roll SF Apple Crisp or Ice Cream Sundae	3 Cheeseburger/Bun OR Fried Fish/Hushpuppies Zucchini & Tomatoes Potato Salad Pickles & Onions Chilled Plums or Orange Poke Cake
6 CENTER CLOSED FOR THE LABOR DAY HOLIDAY!	7 Spaghetti w/ Meaty Sauce OR Chicken Country Casserole Italian Blend Veggies Tossed Lettuce Salad Garlic Bread Chilled Peaches or Apple Streusel Cake	8 Tuna Salad OR Chicken Pasta Salad 3-Beans Salad Sliced Tomatoes Whole Wheat Crackers Chilled Grapes or Creamy Fruit Dessert w/ Coconut	9 Chicken & Dumplings OR Beef French Dip Seasoned Spinach Broccoli & Cauliflower w/ Cheese WG Hot Roll / Bun Blushing Pears or Ice Cream Sundae	10 Fish: Lemon Pepper Baked OR Sweet 'N Sour Chicken Seasoned Brown Rice Glazed Carrots Brussels Sprouts WG Bread Slice Warm Apples & Raisins or German Chocolate Cake
13 BBQ Riblet OR Chicken Livers Mashed Potatoes Seasoned Broccoli Warm Corn Salad WG Bun or Bread Chilled Plums or Applesauce Cake	14 Chicken & Rice OR Beef Tater Tot Casserole Vegetable Blend Garden Lettuce Salad WG Hot Roll Baked Pineapple or Pineapple Right Side Up cake	15 Scrambled Eggs and Sausage Patty OR Chicken Tenders Baked Hashbrowns w/Onions Biscuit & Gravy Orange Juice Bran Muffin Citrus Fruit Dessert	16 Salisbury Steak OR Polish Sausage Mashed Potatoes Sauerkraut Green Beans WG Hot Roll Mixed Berry Crisp or Coconut Delight	17 Crispy Chicken Sandwich on Bun OR Fried Fish/Hushpuppies Seasoned Potato Wedges Coleslaw WG Bun or Bread Mandarin Oranges or Iced Cherry Cake
20 Hot Ham & Cheese on Bun OR Chicken Bratwurst w/ Stewed Apples Baked Beans Steamed Squash WG Bun or Bread Slice Chilled Diced Pears or Cookies & Cream	21 Italian Beef on Bun OR Roasted Chicken Thighs Spinach Salad Classic Mixed Vegetables WG bun or Hot Roll Fresh Melon or Brownie	22 Mushroom Chopped Steak OR Garlic Romano Chicken Breast Mashed Potatoes California Blend WG Hot Roll Chilled Peaches or Lemonade Cake	23 Chicken & Dressing OR Cabbage Roll w/ Potatoes Green Beans Creamed Corn WG Hot Roll Cinnamon Applesauce or Apple Pie	24 Fish: Baked or Fried OR Jumbo Corn Dog Au Gratin Potatoes Tomato & Cucumber Salad WG Bread Chilled Fruit Cocktail or Sweet Treat Dessert
27 Saucy Meatballs OR Chicken Parmesan Parsley Buttered Pasta Glazed Carrots Buttered Corn Garlic Bread Mandarin Oranges or Fresh Baked Cookies	28 Ham & Beans OR Hot Chicken Salad Oven Fried Potatoes w/ Onions Stewed Tomatoes Cornbread and Crackers Pears and Cottage Cheese or Lemon Pineapple Cake	29 Chicken Tenders OR Sloppy Joe Tater Tots Seasoned Spinach WG Bread or Bun Tropical Fruit or Gelatin Fruit Dessert	30 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes with Gravy Green Beans Biscuit Warm Cinnamon Apples or Cherry Pie	