

December 2022

The actual cost of each meal is about \$7.60
 The Center's suggested contribution is \$4.00 per meal
 Guests under age 60 pay \$7.00 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 Meatloaf OR Open Faced Turkey Mashed Potatoes Steamed Broccoli WG Hot Roll SF Fruited Pudding or Coconut Delight	2 Baked or Fried FISH OR Beef Patty Melt Seasoned Potato Wedges Coleslaw WG Bread Slice Cinnamon Applesauce or Iced Poke Cake
5 Meatball Sub Sandwich OR Hot Chicken Salad w/ WG Crackers Steamed Carrots Potato Salad SF Gelatin w/ Pears or Chocolate Cake	6 Beef Stroganoff OR Chicken and Gravy Lima Beans Tomatoes & Zucchini WG Bread Slice Hot Apple & Raisins or Glazed Applesauce Cake	7 Sweet 'n Sour Chicken OR Beef and Cabbage Casserole Asian Blend Veggies Green Peas WG Bread Slice Mandarin Oranges or Iced Cake	8 Chicken & Dumpling OR Cowboy Steak & Mashed Potatoes Green Beans Buttered Corn WG Hot Roll Hot Spiced Peaches or Peach Pie	9 Seasoned Pulled Pork OR Fried Fish Tater Tots Brussels Sprouts WG Bread/Bun Mixed Fruit or Banana Cake
12 Salisbury Steak OR Polish Sausage Mashed Potatoes Sauerkraut Brussels Sprouts WG Bread Slice SF Peach Crisp or Ice Cream & Cookie	13 Beef Stew OR BBQ Riblet & Veggies Pickled Beets Caesar Salad Cornbread or WG Bun Chilled Pineapple Chunks or Pineapple Cake	14 Pasta w/ Meat Sauce OR Yummy Chicken Casserole Italian Blend Veggies Buttered Corn Garlic Bread Pear Dessert or Texas Sheet Cake	15 Roast Turkey OR Glazed Ham Slice Dressing / Gravy Sweet Potato Casserole Green Beans Casserole Cranberry Salad Hot Yeast Roll Pumpkin D-Lite or Pumpkin Crunch	16 Taco Salad OR Fried Fish Filet/ Salad Tortilla Chips Black Bean/Corn Blend WG Crackers/Hushpuppies Tropical Fruit Dessert Cook's Choice Dessert
19 Scrambled Eggs & Sausage Patty OR Chicken Tenders Pancakes/Syrup Baked Hashbrowns Bran Muffin Hot Baked Apples Orange Juice	20 Chicken Pot Pie OR Country Fried Steak w/Potatoes Lima Beans WG Biscuit Mandarin Oranges Or Iced Orange Cake	21 Sloppy Joe OR White Chicken Chili w/ ½ sandwich Seasoned Tater Wedges Steamed Broccoli WG Bun or Bread Spiced Peaches or Peach Dump Cake	22 Oven Fried Chicken OR Homemade Meatloaf Chantilly Potatoes Green Beans WG Hot Roll Blushing Pears or Peanut Butter Delight	23 CENTER CLOSED Merry Christmas!
26 CENTER CLOSED Merry Christmas	27 Chicken Parmesan w/ Pasta OR Stuffed Bell Pepper Casserole Mixed Vegetables Lettuce Salad WG Bread Slice Tropical Fruit Dessert or Cook's Choice Desserts	28 Ham & Beans OR Turkey Burger Oven Fried Potatoes w/ Onions Stewed Tomatoes Cornbread or WG Bun Cottage Cheese/Peaches or German Chocolate Cake	29 Pork Roast OR Chopped Steak Mashed Potatoes Green Beans WG Hot Roll Pineapple Chunks or Almond Cake	30 Multi-Bean Soup /Toasted Cheese Sand. OR Fried Fish / Fries Coleslaw Pickled Beets WG Bread Mixed Fruit Dessert or Blonde Brownie