

JULY 2022

The actual cost of each meal is about \$7.00
 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 |
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| | | | | 1 FISH: Baked or Fried OR Ham & Cheese On Croissant Seasoned Potatoes Spinach Salad Bread Slice Pear Gelatin or Cook's Choice Dessert |
| 4 CENTER CLOSED FOR THE INDEPENDENCE DAY HOLIDAY | 5 Smothered Steak OR Smoked Sausage Sauerkraut Mashed Potatoes Mixed Vegetables Hot Roll/Butter SF Peach Crisp or Iced Cake | 6 Oven Fried Chicken/Potatoes OR Ham & Scalloped Potato Casserole Glazed Carrots WG Hot Roll Chilled Plums or Apple Cinnamon Dump Dessert | 7 Chicken & Dumplings OR Country Fried Steak/Potatoes/Gravy Green Beans Garden Salad WG Hot Roll Mandarin Oranges or Angel Food Cake | 8 Fish Sandwich on Bun OR BBQ Boneless Chicken Wings Baked Beans Coleslaw Bun or Bread Slice Chilled Grapes or German Chocolate Cake |
| 11 Meatballs OR Sweet & Sour Chicken Brown Rice Peas & Carrots Season Cauliflower WG Bread Slice Chilled Apricots or Pudding/Cookie | 12 Pulled Pork OR Beef Taco Sweet Potato Fries Garden Salad WG Bun or Taco Shell Tropical Fruit or Banana Cake | 13 Sub Sandwich & Potato Chips OR Chicken Casserole Green Pea Salad Cucumbers & Onions WG Bun or Bread Slice Banana OR Lemon Cake | 14 BBQ Chicken or Polish Sausage Sauerkraut Mashed Potatoes Green Beans WG Hot Roll SF Pear Crisp or Peach Pie | 15 Fish: Baked or Fried OR Chicken Sandwich Potato Wedges Seasoned Pinto Beans WG Bread Slice or Bun Pineapple Tidbits or Black Forest Cake |
| 18 Taco Salad OR Turkey Bacon Salad Beans and Corn Tortilla Chips WG Crackers Chilled Tropical Fruit or Mixed Berry Crisp | 19 Chicken Tenders OR Stuffed Cabbage Roll Potato Salad Sweet 'n Sour Beets WG Bread Slice SF Gelatin w/ Bananas or Fresh Baked Cookies | 20 Hamburger Goulash OR Poppy Seed Chicken w/ Rice Spinach Salad Buttered Corn WG Garlic Bread Peaches or Ambrosia Dessert | 21 Ham Slice OR Roasted Chicken Thighs Sweet Potatoes Green Beans WG Hot Roll Blushing Pears or Chocolate Pie | 22 Chicken Salad OR Fried Fish Pork 'n Beans Cucumber & Onion Salad WG Bread/Crackers/Bun Fresh Orange or Iced Orange Cake |
| 25 Cheeseburger on Bun & Potato Wedges OR Chicken Livers w/ Mashed Potatoes/gravy Zucchini & Tomatoes Lettuce & Tomatoes Bun or Hot Roll Pineapple Tidbits or Brownie | 26 Ham & Beans OR Crispy Baked Chicken Oven Fried Potatoes & Onions Seasoned Cabbage Cornbread & Crackers Mixed Fruit Dessert or Coconut Delight | 27 Chicken Parmesan /Pasta & Sauce OR Meatballs /Gravy over Buttered Noodles Italian Blend Veggies Garden Salad WG Garlic Bread Mandarin Oranges or Cherry Dump Cake | 28 Meatloaf OR Glazed Chicken Mashed Potatoes Glazed Carrots Orange Fluff Salad WG Hot Roll SF Apple Crisp or Oreo Cheesecake | 29 Crunchy Fish OR Smothered Bratwurst Baked Beans Coleslaw WG Bread Slice Cinnamon Applesauce or Chocolate Cake w/ Peanut Butter Icing |