

JUNE 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
		1 Oven Fried Chicken/Potatoes OR Ham & Scalloped Potato Casserole Glazed Carrots WG Hot Roll Chilled Applesauce or Coconut Delight	2 Chicken & Dumplings OR Country Fried Steak/Potatoes/Gravy Green Beans Garden Salad WG Hot Roll Mandarin Oranges or Angel Food Cake	3 Fish Sandwich on Bun OR BBQ Boneless Chicken Wings Baked Beans Coleslaw Chilled Grapes or Cookies and Cream Dessert
6 Meatballs OR Sweet 'n Sour Chicken Brown Rice Peas & Carrots Season Cauliflower WG Bread Slice Chilled Apricots or	7 Pulled Pork OR Beef Taco Sweet Potato Fries Garden Salad WG Bun or Taco Shell Tropical Fruit or	8 Sub Sandwich & Potato Chips OR Beef Casserole w/ Tater Tots Green Pea Salad Cucumbers & Onions WG Bun or Bread Slice Banana OR Lemonade Cake	9 BBQ Chicken or Polish Sausage Sauerkraut Mashed Potatoes Green Beans WG Hot Roll SF Pear Crisp or	10 Fish: Baked or Fried OR Chicken Sandwich Potato Wedges Seasoned Pinto Beans WG Bread Slice or Bun Pineapple Tidbits or
13 Taco Salad OR Turkey Bacon Salad Beans and Corn Tortilla Chips WG Crackers Chilled Tropical Fruit or Mixed Berry Crisp	14 Chicken Tenders OR Pork Cutlet Potato Salad Sweet 'n Sour Beets WG Bread Slice SF Gelatin w/ Bananas or Fresh Baked Cookies	15 Hamburger Goulash OR Poppy Seed Chicken w/ Rice Spinach Salad Buttered Corn WG Garlic Bread Peaches or Ambrosia Dessert	16 Ham Slice OR Roasted Chicken Thighs Sweet Potatoes Green Beans WG Hot Roll Blushing Pears or Chocolate Pie	17 Chicken Salad OR Fried Fish Pork 'n Beans Cucumber & Onion Salad WG Bread/Crackers/Bun Fresh Orange or Iced Orange Cake
20 Cheeseburger on Bun & Potato Wedges OR Chicken Livers w/ Mashed Potatoes/gravy Zucchini & Tomatoes Lettuce & Tomatoes Pineapple Tidbits or Brownie	21 Ham & Beans OR Crispy Baked Chicken Oven Fried Potatoes & Onions Seasoned Cabbage Cornbread & Crackers Mixed Fruit Dessert or Caramel Apple Dessert	22 Chicken Parmesan /Pasta & Sauce OR Meatballs /Gravy over Buttered Noodles Italian Blend Veggies Garden Salad WG Garlic Bread Mandarin Oranges or Cherry Dump Cake	23 Meatloaf OR Glazed Chicken Mashed Potatoes Glazed Carrots Orange Fluff Salad WG Hot Roll SF Apple Crisp or Coconut Cake	24 Crunchy Fish OR Smothered Bratwurst Baked Beans Coleslaw WG Bread Slice Cinnamon Applesauce or
27 Scrambled Eggs w/ Sausage Patty OR Chicken Tenders Hash Brown Potatoes With Onions WG Biscuit/Gravy Apple Juice Citrus Salad Dessert	28 Open Faced Turkey Sandwich/Gravy OR Beef & Cabbage Casserole Mashed Potatoes Green Beans WG Bread or Hot Roll Emerald Isle Dessert	29 BBQ Riblet OR Chicken Pasta Salad Steamed Squash Seasoned Broccoli WG Hot Roll Spiced Warm Peaches or Cinnamon Streusel Cake	30 Hamburger Stroganoff /Egg Noodles OR Chicken Ala King/ Biscuit Lima Beans Vegetable Blend Mixed Fruit Dessert or Blackberry Cobbler	