

NOVEMBER 2022

SERVING 11:00 – 12:30 MON. – FRI.

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
 LIKE "Cape Girardeau Senior Center" on Facebook

921 N. Clark St.
 Cape Girardeau, MO 63701
www.capeseniorcenter.org
 573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Stroganoff OR Chicken and Gravy Lima Beans Tomatoes & Zucchini WG Bread Slice Hot Apple & Raisins or Glazed Applesauce Cake	2 Sweet 'n Sour Chicken OR Beef and Cabbage Casserole Asian Blend Veggies Green Peas WG Bread Slice Mandarin Oranges or Iced Cake	3 Chicken & Dressing OR Kettle Beef & Mashed Potatoes Green Beans Buttered Corn WG Hot Roll Hot Spiced Peaches or Peach Pie	4 Seasoned Pulled Pork OR Fried Fish Tater Tots Brussels Sprouts WG Bread/Bun Mixed Fruit or Banana Cake
7 Salisbury Steak OR Polish Sausage Mashed Potatoes Sauerkraut Brussels Sprouts WG Bread Slice SF Peach Crisp or Ice Cream & Cookie	8 Beef Stew OR BBQ Riblet & Veggies Pickled Beets Caesar Salad WG Bread or Bun Chilled Pineapple Chunks or Pineapple Cake	9 Pasta w/ Meat Sauce OR Chicken Bacon Ranch Casserole Italian Blend Veggies Buttered Corn Garlic Bread Pear Dessert or Texas Sheet Cake	10 Chicken & Dumplings OR Reuben Casserole Peas and Carrots Spinach Salad WG Hot Roll Strawberries & Bananas or Coconut Cake	11 CENTER CLOSED FOR THE VETERANS DAY HOLIDAY
14 Scrambled Eggs & Sausage Patty OR Chicken Tenders Pancakes/Syrup Baked Hashbrowns Bran Muffin Hot Baked Apples Orange Juice	15 Chicken Pot Pie OR Country Fried Steak w/Potatoes Lima Beans WG Biscuit Mandarin Oranges Or Iced Orange Cake	16 Oven Fried Chicken OR Homemade Meatloaf Chantilly Potatoes Green Beans WG Hot Roll Blushing Pears or Peanut Butter Delight	17 Roast Turkey OR Ham Slice /Glaze Dressing / Gravy Candied Yams Green Beans Cranberry Salad WG Hot Roll SF Pumpkin D-Lite or Pumpkin Pie w/Topping	18 Fish: Baked or Fried OR Potato Soup with ½ Ham Sandwich Baked Beans Coleslaw WG Bread or Crackers SF Gelatin w/ Bananas or Apple Dump Cake
21 Chicken Parmesan w/ Pasta OR Stuffed Bell Pepper Mixed Vegetables Lettuce Salad WG Bread Slice Tropical Fruit Dessert or Cook's Choice Desserts	22 Pork Roast OR Chopped Steak Mashed Potatoes Green Beans WG Hot Roll Pineapple Chunks or Almond Cake	23 Ham & Beans OR French Dip Sandwich Oven Fried Potatoes w/ Onions Stewed Tomatoes Cornbread or WG Bun Cottage Cheese/Peaches or German Chocolate Cake	24 Happy Thanksgiving CENTER CLOSED FOR THE HOLIDAY	25 CENTER CLOSED FOR THE LONG HOLIDAY WEEKEND
28 Chicken & Rice Casserole OR Beef Taco Vegetable Blend Buttered Corn WG Bread Slice Autumn Dessert or Fresh Baked Cookies	29 Chili w/ Beef/Beans & ½ Sandwich OR Roasted Chicken Thighs/ Veggies Baked Potato WG Crackers Chilled Tropical Fruit or Black Forest Cake	30 Glazed Ham Slice OR Cranberry Glazed Chicken Breast Sweet Potatoes Green Beans WG Hot Roll Chilled Pineapple or Iced Pumpkin Bar		