

# OCTOBER 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](http://www.capeseniorcenter.org)  
 573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
3 Salisbury Steak OR Polish Sausage Mashed Potatoes Sauerkraut Brussels Sprouts WG Bread Slice SF Peach Crisp or Ice Cream & Cookie	4 Beef Stew OR BBQ Riblet & Veggies Pickled Beets Caesar Salad WG Bread or Bun Chilled Pineapple Chunks or Pineapple Cake	5 Pasta w/ Meat Sauce OR Chicken Bacon Ranch Casserole Italian Blend Veggies Buttered Corn Garlic Bread Pear Dessert or Texas Sheet Cake	6 Chicken & Dumplings OR Reuben Casserole Peas and Carrots Spinach Salad WG Hot Roll Strawberries & Bananas or Coconut Cake	7 Taco Salad OR Fried Fish/Salad Tortilla Chips Black Bean/Corn Blend WG Crackers/Hushpuppies Tropical Fruit Dessert or Cook's Choice Dessert
10 <b>CENTER CLOSED FOR THE COLUMBUS DAY HOLIDAY</b>	11 Scrambled Eggs & Sausage Patty OR Chicken Tenders Pancakes/Syrup Baked Hashbrowns Bran Muffin Hot Baked Apples Orange Juice	12 Chicken Pot Pie OR Country Fried Steak/Potatoes Lima Beans WG Biscuit Mandarin Oranges or Iced Orange Cake	13 Oven Fried Chicken OR Homemade Meatloaf Chantilly Potatoes Green Beans WG Hot Roll Blushing Pears or Peanut Butter Cheesecake	14 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
17 Chicken Parmesan w/ Pasta OR Stuffed Bell Pepper Mixed Vegetables Lettuce Salad WG Bread Slice Tropical Fruit Dessert or Honey Bun Cake	18 Beef & Macaroni Casserole OR Smothered Mushroom Chicken/Bread Slice California Blend Veggies Green Peas SF Apple Crisp or Banana Pudding w/ Cookies	19 Ham & Beans OR French Dip Sandwich Oven Fried Potatoes w/ Onions Stewed Tomatoes Cornbread or WG Bun Cottage Cheese/Peaches or Almond Cake	20 Pork Roast OR Chopped Steak Mashed Potatoes Green Beans WG Hot Roll Pineapple Chunks or German Chocolate Cake	21 Multi-Bean Soup /Toasted Cheese Sand. OR Fried Fish / Fries Coleslaw Pickled Beets WG Bread Mixed Fruit Dessert or Blonde Brownie
24 Chicken & Rice Casserole OR Taco Soup Vegetable Blend Buttered Corn WG Bread Slice Autumn Dessert or Fresh Baked Cookies	25 Chili w/ Beef/Beans & ½ Sandwich OR Roasted Chicken Thighs/ Veggies Baked Potato WG Crackers Chilled Tropical Fruit or Black Forest Cake	26 Meatloaf OR Open Faced Turkey Mashed Potatoes Steamed Broccoli WG Hot Roll SF Fruited Pudding or Coconut Delight	27 Glazed Ham Slice OR Cranberry Glazed Chicken Breast Sweet Potatoes Green Beans WG Hot Roll Chilled Pineapple or Iced Pumpkin Bar	28 Fish: Baked or Fried OR Beef Patty Melt Seasoned Potato Wedges Coleslaw WG Bread Slice Cinnamon Applesauce or Iced Poke Cake
31 Meatball Sub Sandwich OR Hot Chicken Salad w/ Crackers Steamed Carrots Potato Salad SF Gelatin w/ Pears or Cook's Choice Dessert				