

# SEPTEMBER 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  
 LIKE "Cape Girardeau Senior Center" on Facebook

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
			1 Meatloaf OR Glazed Chicken Loaded Mashed Potatoes Glazed Carrots Orange Fluff Salad WG Hot Roll SF Apple Crisp or Coconut Cake	2 Crunchy Fish OR Smothered Bratwurst Baked Beans Coleslaw WG Bread Slice Cinnamon Applesauce or Chocolate Cake w/ Chocolate Icing
5 <b>CENTER CLOSED FOR THE LABOR DAY HOLIDAY</b>	6 Scrambled Eggs w/ Sausage Patty OR Chicken Tenders Hash Brown Potatoes With Onions WG Biscuit/Gravy Apple Juice Citrus Salad Dessert	7 Open Faced Turkey Sandwich/Gravy OR Pork Chop & Gravy Mashed Potatoes Green Beans WG Bread or Hot Roll Emerald Isle Dessert Almond Cake	8 Hamburger Stroganoff OR Chicken Pot Pie Lima Beans Vegetable Blend Mixed Fruit Dessert or Blackberry Cobbler	9 FISH: Baked or Fried OR Ham & Cheese On Croissant Seasoned Potatoes Spinach Salad Bread Slice Pear Gelatin or Cook's Choice Dessert
12 Oven Fried Chicken/Potatoes OR Ham & Scalloped Potato Casserole Glazed Carrots WG Hot Roll Chilled Plums or Iced Cherry Cake	13 Smothered Steak w/ Mashed Potatoes OR Chili Dog & Fries Mixed Vegetables Hot Roll/Butter SF Peach Crisp or Ambrosia Dessert	14 Chef Salad w/ Meat and Cheese OR Cheeseburger & Salad Potato Chips Pickled Beets WG Crackers or Bun SF Banana Pudding or Pineapple Cake	15 Chicken & Dumplings OR Country Fried Steak/Potatoes/Gravy Green Beans Garden Salad WG Hot Roll Mandarin Oranges or Angel Food Cake	16 Fish Sandwich on Bun OR BBQ Boneless Chicken Wings Baked Beans Mac-n-Cheese Coleslaw Bun or Bread Slice Chilled Grapes or German Chocolate Cake
19 Meatballs OR Sweet & Sour Chicken Brown Rice Peas & Carrots Season Cauliflower WG Bread Slice Chilled Apricots or Pudding/Cookie	20 Pulled Pork OR Beef Taco Sweet Potato Fries Garden Salad WG Bun or Taco Shell Tropical Fruit or Banana Cake	21 Sub Sandwich & Potato Chips OR Chicken, Bacon & Ranch Casserole Green Pea Salad Cucumbers & Onions WG Bun or Bread Slice Banana OR Lemon Cake	22 BBQ Chicken OR Meatloaf Mashed Potatoes Green Beans WG Hot Roll SF Pear Crisp or Peach Pie	23 Fish: Baked or Fried OR Chicken Breast Sandwich Potato Wedges Three Bean Salad WG Bread Slice or Bun Pineapple Tidbits or Black Forest Cake
26 Taco Salad OR Turkey Bacon Wrap Beans and Corn Tortilla Chips WG Crackers Chilled Tropical Fruit or Mixed Berry Crisp	27 Hamburger Goulash OR Poppy Seed Chicken w/ Rice Spinach Salad Buttered Corn WG Garlic Bread Peaches or Iced Cake	28 Chicken Tenders OR Stuffed Cabbage Roll Potato Salad Sweet 'n Sour Beets WG Bread Slice SF Gelatin w/ Bananas or Fresh Baked Cookies	29 Ham Slice OR Roasted Chicken Thighs Sweet Potatoes Green Beans WG Hot Roll Blushing Pears or Chocolate Pie	30 Chicken Salad OR Fried Fish Pork 'n Beans Cucumber & Onion Salad WG Bread/Crackers/Bun Fresh Orange or Iced Orange Cake