

February 2023

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
 573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Ham & Beans OR French Dip Sandwich Oven Fried Potatoes w/ Onions Stewed Tomatoes Cornbread or WG Bun Cottage Cheese w/Peaches or Almond Cake	2 Pork Roast OR Chopped Steak Mashed Potatoes Green Beans WG Hot Roll Pineapple Chunks or German Chocolate Cake	3 Vegetable Beef Soup /Toasted Cheese Sand. OR Fried Fish / Fries Coleslaw Pickled Beets WG Bread Mixed Fruit Dessert or Blonde Brownie
6 Chicken & Rice Casserole OR Beef Patty Melt Vegetable Blend Buttered Corn WG Bread Slice Autumn Dessert or Fresh Baked Cookies	7 Chili w/ Beef/Beans & 1/2 Sandwich OR Roasted Chicken Thighs/ Veggies Baked Potato WG Crackers Chilled Tropical Fruit or Lemon Cake	8 Glazed Ham Slice OR Cranberry Glazed Chicken Breast Sweet Potatoes Green Beans WG Hot Roll Chilled Pineapple or Iced Pumpkin Bar	9 Meatloaf OR Open Faced Turkey Mashed Potatoes Steamed Broccoli Lettuce Salad WG Hot Roll SF Fruited Pudding or Coconut Delight	10 FISH: Baked or Fried OR Meat & Cheese Pizza Seasoned Potato Wedges Coleslaw WG Bread Slice Cinnamon Applesauce or Iced Poke Cake
13 Meatball Sub Sandwich OR Hot Chicken Salad w/ WG Crackers Steamed Carrots Potato Salad SF Gelatin w/ Pears or Chocolate Cake	14 Beef Stroganoff OR Chicken and Gravy Lima Beans Tomatoes & Zucchini WG Bread Slice Hot Apple & Raisins or Glazed Applesauce Cake	15 Sweet 'n Sour Chicken OR Tamale Pie Vegetable Blend Green Peas WG Bread Slice Mandarin Oranges or Iced Cake	16 Chicken&Dressing OR Country Fried Steak/Mashed Potatoes Green Beans Buttered Corn WG Hot Roll Hot Spiced Peaches or Peach Pie	17 Seasoned Pulled Pork OR Fish Sand. Tater Tots Cooked Cabbage WG Bread/Bun Mixed Fruit or Cherry Cake
20 CENTER CLOSED FOR THE PRESIDENTS' DAY HOLIDAY See you tomorrow!!!	21 Salisbury Steak OR Polish Sausage Mashed Potatoes Sauerkraut Steamed Zucchini WG Bread Slice SF Peach Crisp or King Cake	22 Ash Wednesday FISH: Fried or Baked OR Pork Burger Pickles and Onions Potato Wedges Coleslaw WG Bread or Bun Fruit Salad or Strawberry Shortcake	23 Chicken & Dumplings OR Ham Casserole Peas and Carrots Spinach Salad WG Hot Roll Strawberries & Bananas or Coconut Cake	24 Mostaccioli w/ Meat Sauce OR Salmon Croquette Italian Blend Veggies Golden Hominy Garlic Bread Pear Dessert or Texas Sheet Cake
27 Scrambled Eggs & Sausage Patty OR Chicken Tenders Pancakes / Syrup Baked Hashbrowns with Onions Bran Muffin Hot Baked Apples Orange Juice	28 Chicken Pot Pie OR Country Fried Steak w/ Potatoes Lima Beans Lettuce Salad WG Biscuit Mandarin Oranges or Iced Orange Cake			