

April 2024

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

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 Chicken Parmesan w/ Pasta & Sauce OR Cabbage Roll w/ Mashed Potatoes Italian Bled Veggies Garden Salad Garlic Bread Chilled Pears or Fresh Baked Cookies	2 Pepper Steak w/ Peppers & Onions OR Poppy Seed Chicken Brown Rice Lima Beans Mediterranean Veggies WG Hot Roll Spiced Peaches or Caramel Iced Yellow Cake	3 Chef Salad OR Turkey Bacon Wrap w/ Side Salad Cucumbers & Onions Whole Wheat Crackers Tropical Fruit or Fruited Gelatin	4 Apple Ginger Pork Chop OR Open Face Roast Beef on Bread Mashed Potatoes Seasoned Broccoli WG Hot Roll Applesauce or Strawberry Shortcake	5 FISH: Baked or Fried OR Cheeseburger Seasoned Potato Wedges Coleslaw WG Bread or Bun Mixed Fruit or Texas Sheet Cake
8 CENTER CLOSED FOR THE ANTICIPATED TRAFFIC IN CAPE DUE TO THE TOTAL SOLAR ECLIPSE	9 Breakfast for Lunch Egg Muffin Sandwich OR Chicken Tenders w/ Hot Roll Potatoes w/ Onions Sliced Tomatoes Orange Juice Tropical Fruit or Cinnamon Swirl Cake	10 Baked Ziti OR Chicken and Noodles Buttered Corn Garden Salad Garlic Bread Pineapple or Pineapple Right-Side-Up cake	11 Ham Slice w/ Pineapple OR Chicken and Dressing Sweet Potatoes Brussels Sprouts WG Hot Roll Mandarin Oranges or Coconut Delight	12 Herb Roasted Chicken Drumsticks OR Fried Fish Tater Tots Green Beans WG Hot Roll SF Peach Crisp or Cinnamon Roll
15 Chicken Sandwich OR French Dip Roasted Zucchini Baby Baker Potatoes Gelatin Salad WG Bun Pineapple or Creamy Fruit w/ Coconut	16 Taco Salad OR Chicken Quesadilla Lettuce & Tomatoes Refried Beans Tortilla Chips/Crackers Strawberries & Bananas OR Iced Cherry Cake	17 Southwest Goulash OR Sweet 'n Sassy Chicken / Potatoes Sliced Tomatoes Garden Salad WW Bread Slice Mixed Fruit Dessert or Iced Chocolate Cake	18 Roast Pork Loin OR Meatloaf Chantilly Potatoes Green Beans WG Hot Roll Peaches or Anniversary Cake & Ice Cream	19 Pulled Pork OR Fried Fish Potato Wedges Coleslaw WG Bun or Bread Slice SF Gelatin w/ Pears or Cheesecake
22 Lasagna OR Chicken Tetrazzini Glazed Carrots Garden Salad WG Garlic Bread Citrus Fruit Salad or Cook's Choice Dessert	23 Chicken & Spinach Alfredo Pasta OR BBQ Riblet Buttered Corn Garden Salad WG Garlic Bread or Bun Tropical Fruit or Blonde Brownie	24 Almond Dijon Chicken w/ Brown Rice OR Chili Dog California Blend Veg Green Peas WG Hot Roll or Bun Applesauce or Peanut Butter Delight	25 Mushroom & Onion Chipped Steak OR Ranch Chicken Mashed Redskin Potato Green Beans Broccoli Salad WG Hot Roll SF Apple Crisp or Apple Pie	26 Fish: Baked or Fried OR Sloppy Joe Seasoned Greens Baked Mixed Beans WG Bread or Bun Mandarin Oranges or Almond Cake
29 Sweet 'n Sour Meatballs / Rice OR Pineapple Chicken Seasoned Carrots Almond Broccoli WG Hot Roll Chilled Pineapple or Berry Crisp	30 Chicken Salad w/ WH Crackers OR Sub Sandwich on Bun Spinach Salad Sweet 'n Sour Beets Mandarin Oranges Lemonade Cake			