

February 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
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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 Beef Goulash OR Chicken Casserole Green Pea Salad Cajun Veggie Blend WG Hot Roll Fruit Cocktail Cake Or Apple Pie	2 Chicken Sandwich OR Fried Fish Tater Tots Spinach Au Gratin WG Bun or Bread Mandarin Oranges or Iced Lemon Cake
5 Shepherd's Pie OR Cheddar Chicken Broccoli Bake Winter Blend Veggie Beets WG Bread SF Peach Crisp or Pineapple Cake	6 Ham & Beans OR Smothered Steak Stewed Tomatoes Potatoes w/ Onions Cornbread and Crackers Mixed Fruit Dessert or Peanut Butter Cheesecake	7 Smothered Pork Chop OR Open Face Turkey Mashed Potatoes Green Bean Casserole WG Hot Roll Applesauce or Applesauce Cake	8 Chicken & Dumplings OR Spaghetti/Meat Sauce Buttered Corn Coleslaw WG Hot Roll/Garlic Bread Blushing Pears or Texas Sheet Cake	9 Fish: Baked or Fried OR Smothered Bratwurst Baked Beans Lettuce Salad WG Bread Fruit Salad or Peach Cobbler
12 Honey Garlic Meatballs OR Sweet 'n Sour Chicken Buttered Noodles Steamed Carrots Seasoned Cauliflower WG Bread Pears or Brownies	13 Crispy Baked Chicken OR Country Fried Steak Mashed Potatoes/Gravy Mixed Veggies WG Hot Roll SF Warm Apples and Raisins or Iced King Cake Cinnamon Roll	14 Unstuffed Pepper Casserole OR Fried Shrimp Parmesan Peas Yellow Squash WH Hot Roll Mandarin Oranges or Iced Cherry Cake	15 Oven Fried Chicken OR Ham Casserole Dressing Green Beans Sweet Potatoes WG Hot Roll Spiced Peaches or Pumpkin Bar	16 Skillet Corn Chowder w/ 1/2 Sandwich OR Fried Fish/Hushpuppies Seasoned Broccoli Coleslaw WG Bread SF Banana Pudding or Regular Banana Pudding w/ Cookies
19 CENTER CLOSED For the Presidents' Day Holiday	20 Salisbury Steak OR Polish Sausage And Sauerkraut Mashed Potatoes Green Beans WG Hot Roll SF Apple Crisp OR Cook's Choice Dessert	21 Lemon Chicken OR Potato Soup w/ 1/2 Sand Buttered Corn Spinach Salad WG Bread Fruit Cocktail or Oreo Cheesecake	22 Glazed Ham Slice OR Beef French Dip Scalloped Potatoes Brussels Sprouts WG Hot Roll / Bun Ambrosia Dessert or Oatmeal Cake	23 Beef Veg. Soup w/ 1/2 Sandwich OR Fried Fish Seasoned Pinto Beans Coleslaw Crackers/Hushpuppies Fresh Fruit Slices or Iced Orange Cake
26 Beef Stroganoff over noodles OR White Chicken Chili w/ 1/2 sandwich Green Peas Steamed Carrots WG Bread Chilled Pears or Fresh Baked Cookies	27 Pulled Pork OR Roasted Chicken Breast Sweet Potato Green Beans WG Hot Roll Pineapple Tidbits or Coconut Delight	28 Chicken & Cornbread Casserole OR Beef Tater Tot Casserole Seasoned Cabbage Black Eyed Peas WG Bread Applesauce or Iced Spice Cake	29 Meatloaf OR Herb Parmesan Chicken Baked Potato Steamed Broccoli Kidney Bean Salad WG Hot Roll Spiced Peaches or Cranberry Crisp	