

March 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 Fish: Baked or Fried OR Sloppy Joe Seasoned Wedges Coleslaw WG Bread Slice Mixed Fruit Dessert or Iced Orange Cake
4 Scrambled Eggs & Sausage Patty OR Chicken Tenders Potatoes & Onions Sliced Tomatoes WG Biscuit / Gravy Citrus Fruit Salad	5 Chili w/ ½ Cheese Sandwich OR Cheeseburger /WG Bun Corn Chips Carrots and Celery Sticks w/ Ranch Dip WG Crackers SF Gelatin w/ Pears or Iced Cinnamon Roll	6 Chicken Pot Pie OR Beef Stew Harvard Beets Caesar Salad Cornbread Biscuit Warm Cinnamon Apples or Oreo Mousse	7 Sausage Ziti OR Hot Chicken Salad Veggie Blend Green Pea Salad WG Hot Roll Fruit Cocktail Or Apple Pie	8 Chicken Sandwich OR Fried Fish/Hushpuppies Tater Tots Spinach Au Gratin WG Bun or Bread Mandarin Oranges or Pineapple Cake
11 Shepherd's Pie OR Cheddar Chicken Broccoli Bake Winter Blend Veggie Beets WG Bread SF Peach Crisp or Iced Lemon Cake	12 Ham & Beans OR Smothered Steak Stewed Tomatoes Potatoes w/ Onions Cornbread and Crackers Mixed Fruit Dessert or Peanut Butter Cheesecake	13 Smothered Pork Chop OR Chicken Fried Chicken Mashed Potatoes/Gravy Green Bean Casserole WG Hot Roll Applesauce or Applesauce Cake	14 Chicken & Dumplings OR Corned Beef Cabbage & Carrots Emerald Isle Salad WG Hot Roll Chilled Pears or Lime Poke Cake	15 Fish: Baked or Fried OR Smothered Bratwurst Baked Beans Lettuce Salad WG Bread Fruit Salad or Peach Cobbler
18 Honey Garlic Meatballs OR Sweet 'n Sour Chicken Buttered Noodles Steamed Carrots Seasoned Cauliflower WG Bread Pears or Brownies	19 Crispy Baked Chicken OR Country Fried Steak Mashed Potatoes/Gravy Mixed Veggies WG Hot Roll SF Warm Apples and Raisins or Oatmeal Cake	20 Unstuffed Pepper Casserole OR Meat & Cheese Pizza Parmesan Peas Yellow Squash WH Hot Roll Mandarin Oranges or Iced Cherry Cake	21 Chicken& Dressing OR Homemade Meatloaf Green Beans Sweet Potatoes WG Hot Roll Spiced Peaches or Pumpkin Bar	22 Broccoli & Cheese Soup w/ 1/2 Sandwich OR Fried Fish/Hushpuppies Creamed Corn Coleslaw WG Bread SF Banana Pudding or Regular Banana Pudding w/ Cookies
25 Salisbury Steak OR Polish Sausage And Sauerkraut Mashed Potatoes Green Beans Hot Roll SF Apple Crisp OR Cook's Choice Dessert	26 Lemon Chicken OR Potato Soup w/ ½ Sand Buttered Corn Spinach Salad WG Bread Fruit Cocktail or Fruit Cocktail Cake	27 Beef Veg. Soup w/ ½ Sandwich OR Fried Fish/Hushpuppies Seasoned Pinto Beans Coleslaw Crackers/Cornbread Fresh Fruit Slices or Iced Orange Cake	28 Glazed Ham Slice OR Fried Shrimp Au Gratin Potatoes Brussels Sprouts WG Hot Roll / Bun Ambrosia Dessert or Easter Cake	29 CENTER CLOSED For Good Friday