

October 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 Almond Dijon Chicken OR Country Fried Steak Mashed Potatoes Green Beans WG Hot Roll Blushing Pears or Dusted Brownie	2 Ham & Beans OR Shepherd's Pie Seasoned Cabbage Stewed Tomatoes Cornbread & Crackers Pineapple & Cottage Cheese or Pineapple Cake	3 Oven Fried Chicken OR Beef French Dip Sandwich Cal. Blend Veggies Green Pea Salad WG Hot Roll / Bun SF Peach Crisp or Iced Spice Cake	4 Beef Patty Melt OR Fried Fish Seasoned Potato Wedges Creamy Coleslaw WG Bread Mixed Fruit or Iced Cherry Cake
7 Chicken Sandwich OR Chili Dog Warm Corn Salad Pickled Beets Potato Chips WG Bun Tropical Fruit or German Chocolate Cake	8 Salisbury Steak OR Multi Bean Soup Mashed Potatoes Seasoned Broccoli WG Hot Roll/Crackers Chilled Applesauce or Apple Dump Cake	9 Hearty Beef Stew OR Roasted Chicken Thighs Spinach Au Gratin Squash Casserole WG Biscuit Chilled Peaches or Oreo Cheesecake	10 Pork Roast OR Chicken Pot Pie Au Gratin Potatoes Green Beans Caesar Salad WG Hot Roll Chilled Pineapple or Pumpkin Crunch	11 Baked or Fried Fish OR Smothered Bratwurst Potato Salad Vinegar Coleslaw WG Bread Slice SF Gelatin w/ Bananas or Cook's Choice Dessert
14 CENTER CLOSED FOR THE COLUMBUS DAY HOLIDAY	15 Pasta w/ Meat Sauce OR Chicken Tetrazzini Italian Blend Veggies Garden Salad Garlic Bread Chilled Pears or Honey Bun cake	16 Poppyseed Chicken w/ Rice OR Vegetable Beef Soup Winter Blend Veggie Buttered Corn WG Bread Slice Mandarin Oranges or Creamy Fruit/Coconut	17 Homemade Meatloaf OR Open Face Turkey/Gravy Mashed Potatoes Mixed Vegetables WG Hot Roll Warm Spiced Peaches or Assorted Pies	18 Beef & Bean Chili w/ ½ sandwich OR Fried Fish & Hushpuppies Raw Veggies & Dip Fried Okra WG Crackers Mixed Fruit Salad or Assorted Cookies
21 Beefy Shells and Sauce Pasta Bake OR Broccoli Cheese Soup w/ ½ Sandwich Italian Peas Garden Salad WG Garlic Bread Citrus Fruit Salad or Blonde Brownie	22 Ham Slice OR Glazed Chicken Breast Sweet Potatoes California Blend Veg WG Bread Slice Chilled Tropical Fruit or Coconut Delight	23 Sweet 'N Sour Chicken w/ Rice OR Beans, Sausage & Rice Asian Blend Veggies Buttered Corn WG Bread Slice Chilled Pineapple or Orange Poke Cake	24 Chicken & Dumplings OR Swiss Steak Spinach Salad Green Beans WG Hot Roll Chilled Peaches or Cranberry Crisp	25 Baked or Fried Fish OR Meatball Sub / Bun Potato Wedges Coleslaw WG Bread / Bun Cinnamon Applesauce or Glazed Applesauce Cake
28 Sausage & Eggs OR Chicken Tenders Hashbrowns & Onion Sliced Tomatoes WG Biscuit & Gravy Citrus Fruit Salad	29 Beef Tamale Pie OR Chicken Chili Bake Black Beans and Corn Zucchini & Tomatoes WG Bread Slice Tropical Fruit or Cinnamon Roll	30 Potato Soup w/ Ham & Cheese Sandwich/Bun OR Beef & Cabbage Casserole Mediterranean Veggies Garden Salad WG Bun or Bread SF Banana Pudding or Pudding & Cookies	31 Witches Brew Stew OR Bat Booogers Creepy Crispy Okra Green Monster Salad Fermented Roll or Bun Vampire Chilled Fruit or Devil's Goul Cake w/ Orange Slime	