

September 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
2 CENTER CLOSED FOR THE LABOR DAY HOLIDAY	3 Chicken Sandwich w/ Baked Potato OR Loaded Baked Potato w/ Meat & Cheese Roasted Zucchini Gelatin Salad WG Bun or Hot Roll Pineapple or Creamy Fruit w/ Coconut	4 Taco Salad OR Chicken Quesadilla Lettuce & Tomatoes Refried Beans Tortilla Chips/Crackers Strawberries & Bananas OR Cherry Almond Cake	5 Roast Pork Loin OR Meatloaf Chantilly Potatoes Green Beans WG Hot Roll Peaches or Fruit Cobbler	6 Pulled Pork OR Fried Fish Potato Wedges Coleslaw WG Bun or Bread Slice SF Gelatin w/ Pears or Iced Chocolate Cake
9 Chicken & Spinach Alfredo Pasta OR BBQ Riblet Buttered Corn Ceasar Salad WG Garlic Bread/Bun Tropical Fruit or Cook's Choice	10 Lasagna OR Chicken Cordon Bleu Casserole Glazed Carrots Garden Salad WG Garlic Bread Citrus Fruit Salad or Pineapple Cake	11 Almond Dijon Chicken w/ Brown Rice OR Chili Dog California Blend Veg Green Peas WG Hot Roll or Bun Applesauce or Coconut Delight	12 Mushroom & Onion Chopped Steak OR Oven Fried Chicken Mashed Potatoes Green Beans Broccoli Salad WG Hot Roll SF Apple Crisp or Apple Pie	13 Baked Fish or Fried Fish OR Sloppy Joe Mushroom Rice Pilaf Seasoned Greens Baked Mixed Beans WG Bread or Bun Mandarin Oranges or Iced Orange Cake
16 Mushroom Meatballs OR Sweet & Sour Chicken Brown Rice Seasoned Carrots Winter Blend Veggie WG Hot Roll Chilled Pineapple or Blonde Brownie	17 Chicken Salad w/ WG Crackers OR Sub Sandwich on Bun Spinach Salad Sweet 'n Sour Beets Mandarin Oranges or Lemonade Cake	18 BBQ Chicken OR Beef French Dip Mashed Potatoes Baked Beans Cooked Cabbage WG Hot Roll / Bun SF Gelatin w/ Bananas or Brownies	19 Homemade Meatloaf OR Polish Sausage w/Sauerkraut Mashed Potatoes Green Beans WG Hot Roll Warm Apples or Oreo Cheesecake	20 Turkey Burger OR Fish Sandwich Potato Wedges Coleslaw WG Bun Fruit Cocktail or Glazed Fruit Cocktail Cake
23 Chicken Parmesan w/ Pasta & Sauce OR Beef Stroganoff Italian Bled Veggies Garden Salad Garlic Bread Chilled Pears or Pudding & Cookie	24 Pepper Steak w/ Peppers & Onions OR Poppyseed Chicken Brown Rice Lima Beans Mixed Veggies WG Hot Roll Spiced Peaches or Strawberry Shortcake	25 Chef Salad OR Turkey Bacon Wrap w/ Side Salad Cucumbers & Onions Whole Wheat Crackers Tropical Fruit or Fruited Gelatin	26 Apple Ginger Pork Chop OR Open Face Roast Beef on Bread Mashed Potatoes Seasoned Broccoli WG Hot Roll Applesauce or Texas Sheet Cake	27 Baked Fish OR Fried Fish OR Beef Patty Melt Seasoned Potato Wedges Coleslaw WG Bread or Bun Mixed Fruit or Orange Fluff
30 Scrambled Eggs & Sausage Patty OR Chicken Tenders Biscuit & Gravy Hashbrowns w/Onion Citrus Fruit Salad Cinnamon Roll				

