

April 2025

The actual cost of each meal is about \$7.60
 A contribution is \$4.00 or more per meal applies
 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 Chicken & Rice OR Chili Macaroni Seasoned Green Beans Harvard Beets WG Bread Slice Mandarin Oranges or Lemon Blueberry Cake	2 Beef Taco Salad OR Ham and Cheese on Croissant w/ salad Refried Beans w/Cheese Tortilla Chips Tropical Fruit or Peach Mousse	3 BBQ Ribs OR French Dip on Bun Mashed Potatoes Coleslaw WG Roll / Bun Applesauce or Apple Pie	4 Sloppy Joe OR Fried Fish California Blend Veggie Seasoned Potato Wedges Cucumber Salad WG Bun or Bread Slice Pineapple Tidbits or Pineapple Topped Cake
7 Pasta & Meat Sauce OR Garlic Romano Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Ambrosia	8 Ham & Beans OR Homemade Meatloaf Oven Fries & Onions Stewed Tomatoes Cornbread & Crackers Blushing Pears OR Coconut Delight	9 Sweet & Sassy Chicken W/ Noodles OR Ham & Noodle Casserole Glazed Carrots Green Peas WG Bread Mixed Fruit or Blonde Brownie	10 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Seasoned Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake	11 Baked Fish, Fried Fish OR Beef Patty Melt Baked Beans Coleslaw WG Bread Spiced Peaches or Peach Dump Cake
14 Scrambled Eggs & Sausage Patty OR Chicken Tenders Oven Fries & Onions WG Biscuit/ Gravy Citrus Fruit Dessert	15 Ground Beef Stroganoff OR Chicken & Dressing Vegetable Blend Buttered Corn WG Hot Roll Chilled Peaches or Texas Sheet Cake	16 Chef Salad OR Tuna Salad Sandwich Sweet & Sour Beets Potato Chips WW Crackers SF Gelatin w/Bananas or Banana Pudding	17 Herb Roasted Chicken Legs OR Salsbury Steak Chantilly Potatoes Seasoned Green Beans WG Hot Roll Warm Cinnamon Apples or Coconut Cake	18 CENTER CLOSED For GOOD FRIDAY
21 Chicken Alfredo Pasta OR Reuben Casserole Parmesan Peas Caesar Salad Garlic Bread Tropical Fruit or Ice Cream / Pudding (in house) / (delivered)	22 Ham Slice w/ Pineapple OR Hot Chicken Salad Sweet Potatoes California Blend Veggies WG Hot Roll Applesauce or Iced Cherry Cake	23 Orange Pork Loin OR Chicken Parmesan Lima Beans Seasoned Carrots WG Hot Roll SF Gelatin w/ Pears or Spring Fruit Dessert	24 Meatloaf OR BBQ Chicken Mashed Potatoes Green Beans WG Hot Roll SF Peach Crisp or Blackberry Cobbler	25 Baked Fish or Fried Fish OR Cold Sub Sandwich Potato Salad Coleslaw WG Bread / Bun Chilled Mixed Fruit or Dusted Lemon Bar
28 Sweet & Sour Pork Chop OR Orange Chicken Steamed Rice Oriental Vegetables Peas & Carrots Bread Slice Chilled Pineapple or Oreo Cheesecake	29 Saucy Meatballs OR Chicken Livers Mashed Potatoes Beets with Pineapple WG Hot Roll Mandarin Oranges or Special Orange Fluff	30 Soup & Pimiento Cheese Sandwich OR Chicken Soft Taco Mediterranean Veggies Garden Salad w/ Chickpeas WG Bread SF Pudding w/ Fruit or Cook's Choice Dessert		