

AUGUST 2025

The actual cost of each meal is about \$8.75
 A contribution is \$5.00 or more per meal applies
 Guests under age 60 pay \$9.00 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 Pulled Pork OR Fried Fish Baked Potato Broccoli Slaw WG Bun or Bread Mixed Fruit Dessert or Cook's Choice Dessert
4 Chicken Alfredo Pasta OR Glazed Meatballs Parmesan Green Peas Caesar Salad Garlic Bread Tropical Fruit or Texas Sheet Cake	5 Ham Slice OR Hot Chicken Salad / Rice Sweet Potatoes Cal. Blend Vegetables WG Hot Roll Applesauce or Iced Cherry Cake	6 Orange Pork Loin OR Chicken Parmesan Lima Beans Seasoned Carrots WG Hot Roll SF Gelatin w/ Pears or Oreo Cheesecake	7 Homemade Meatloaf OR BBQ Chicken Mashed Potatoes Green Bean Casserole WG Hot Roll SF Peach Crisp or Blackberry Cobbler	8 Baked Fish or Fried Fish OR Cold Sub Sandwich Potato Salad Hawaiian Coleslaw WG Bread / Bun Chilled Mixed Fruit or Dusted Lemon Bar
11 Sweet & Sour Pork Chop OR Chicken Livers Steamed Rice Oriental Vegetables Peas & Carrots Bread Slice Chilled Pineapple or Fresh Baked Cookies	12 Saucy Meatballs OR Country Fried Chicken Mashed Potatoes Beets with Pineapple WG Hot Roll Mandarin Oranges or Special Orange Fluff	13 Soup & Pimiento Cheese Sandwich OR Chicken Chili Bake Mediterranean Veggies Garden Salad w/ Chickpeas WG Bread SF Pudding w/ Fruit or Cook's Choice Dessert	14 Chicken & Dumplings OR Shepherd's Pie Tomatoes & Zucchini Coleslaw WG Hot Roll Mixed Fruit Dessert or Cherry Cheesecake	15 French Onion Chicken OR Fried Fish Mixed Beans Steamed Broccoli WG Hot Roll Chilled Peaches or Iced Orange Cake
18 Chicken Sandwich OR Polish Sausage w/ Sauerkraut Buttered Corn Spinach Salad WG Bun or Bread Chilled Peaches or Chocolate Cake	19 Chicken & Rice OR Beef Stroganoff Seasoned Green Beans Harvard Beets WG Bread Slice Mandarin Oranges or Lemon Blueberry Cake	20 Beef Taco Salad OR Ham and Cheese on Croissant w/ salad Refried Beans w/Cheese Tortilla Chips Tropical Fruit or Ambrosia	21 Roast Pork & Gravy OR Homemade Meatloaf Mashed Potatoes Hot German Coleslaw WG Roll / Bun Applesauce or Apple Pie	22 Sloppy Joe OR Fried Fish California Blend Veggie Seasoned Potato Wedges Cucumber Salad WG Bun or Bread Slice Pineapple Tidbits or Pineapple Topped Cake
25 Pasta & Meat Sauce OR Garlic Romano Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Iced Cake	26 Ham & Beans OR French Dip on Bun Oven Fries & Onions Stewed Tomatoes Cornbread & Crackers Blushing Pears or Coconut Delight	27 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake	28 Sweet & Sassy Chicken W/ Noodles OR Ham & Noodle Casserole Glazed Carrots Green Peas WG Bread Mixed Fruit or Brownie	29 Baked Fish, Fried Fish OR Beef Patty Melt Baked Beans Coleslaw WG Bread Spiced Peaches or Peach Dump Cake