

February 2025

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
3 Beefy Shells and Sauce Pasta Bake OR Broccoli Cheese Soup w/ ½ Sandwich Creamed Peas Garden Salad WG Garlic Bread Citrus Fruit Salad or Black Forest Cake	4 Chicken & Dumplings OR Swiss Steak Spinach Salad Green Bean Amandine WG Hot Roll Chilled Peaches or Cranberry Crisp	5 Sweet 'N Sour Chicken w/ Rice OR Beans, Sausage & Rice Asian Blend Veggies Buttered Corn WG Bread Slice Chilled Pineapple or Orange Poke Cake	6 Ham Slice OR Roasted Chicken Thighs Sweet Potatoes Cal. Blend Veggies WG Hot Roll Tropical Fruit or Texas Sheet Cake	7 Fish: Baked or Fried OR Sloppy Joe Seasoned Wedges Coleslaw WG Bread or Bun Cinnamon Applesauce or Applesauce Cake
10 Sausage & Eggs OR Chicken Tenders Hashbrowns & Onion Sliced Tomatoes WG Biscuit & Gravy Citrus Fruit Salad Orange Juice	11 Beef Tamale Pie OR Chicken Nachos Black Beans and Corn Zucchini & Tomatoes Tortilla Chips WG Bread Slice Tropical Fruit or Cinnamon Roll	12 Potato Soup w/ Ham Cheese Sandwich/Bun OR Hot Chicken Salad Mediterranean Veggies Garden Salad WG Bun or Bread SF Banana Pudding or Pudding & Cookies	13 Pork Roast OR Chicken & Dressing Au Gratin Potatoes Green Beans WG Hot Roll Warm Apples or Peach Pie	14 BBQ Pulled Pork OR Fried Fish/Hushpuppies Baked Beans Oven Fried Okra WG Bun or Bread Slice Chilled Pineapple or Lemon Cake
17 Center Closed For the Presidents' Day Holiday	18 Beef Stroganoff OR Chicken Alfredo Pasta Brussels Sprouts Lyonnaise Carrots WG Garlic Bread Warm Cinnamon Apples or Apple Dump Cake	19 Almond Dijon Chicken OR Country Fried Steak Mashed Potatoes Sesame Green Beans WG Hot Roll Blushing Pears or Dusted Brownie	20 Oven Fried Chicken OR Beef French Dip Sandwich Cal. Blend Veggies Green Pea Salad WG Hot Roll / Bun SF Peach Crisp or Carrot Cake	21 Cheeseburger OR Fried Fish Seasoned Potato Wedges Hawaiian Coleslaw WG Bread Mixed Fruit or Honey Cake
24 Salisbury Steak OR Chicken and Noodle Soup Mashed Potatoes Broccoli Bake WG Hot Roll/Crackers Chilled Applesauce or Cherry Ambrosia	25 Chicken Sandwich OR Chili Dog Warm Corn Salad Pickled Beets Potato Chips WG Bun Tropical Fruit or Oreo Cheesecake	26 Hearty Beef Stew OR Glazed Chicken Breast Spinach Au Gratin Breaded Cauliflower WG Biscuit Chilled Peaches or Peach Cake	27 Pork & Gravy OR Chicken Pot Pie Mashed Potatoes Seasoned Green Beans Caesar Salad WG Hot Roll Chilled Pineapple or Cranberry Spice Cake	28 Baked or Fried Fish OR Smothered Bratwurst Potato Salad Vinegar Coleslaw WG Bread Slice SF Gelatin w/ Bananas or Cook's Choice Dessert