

JULY 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 Meatloaf OR BBQ Chicken Mashed Potatoes Green Bean Casserole WG Hot Roll SF Peach Crisp or Oreo Cheesecake	2 Orange Pork Loin OR Chicken Parmesan Lima Beans Seasoned Carrots WG Hot Roll SF Gelatin w/ Pears or Iced Cherry Cake	3 Cheeseburger or Smothered Bratwurst Baked Beans Potato Salad WG Bun / Bread Summer Melon Blend	4 Center Closed for the Independence Day Holiday
7 Sweet & Sour Pork Chop OR Hot Chicken Salad Steamed Rice Oriental Vegetables Peas & Carrots Bread Slice Chilled Pineapple or Fresh Baked Cookies	8 Saucy Meatballs OR Country Fried Chicken Mashed Potatoes Beets with Pineapple WG Hot Roll Mandarin Oranges or Special Orange Fluff	9 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	10 Chicken & Dumplings OR Reuben Casserole Tomatoes & Zucchini Coleslaw WG Hot Roll Mixed Fruit Dessert or Cherry Cheesecake	11 French Onion Chicken OR Fried Fish Mixed Beans Steamed Broccoli WG Hot Roll Chilled Peaches or Iced Orange Cake
14 Chicken Sandwich OR Polish Sausage w/ Sauerkraut Buttered Corn Spinach Salad WG Bun or Bread Chilled Peaches or Chocolate Cake	15 Chicken & Rice OR Beef Tater Tot Casserole Seasoned Green Beans Harvard Beets WG Bread Slice Mandarin Oranges or Lemon Blueberry Cake	16 Beef Taco Salad OR Ham and Cheese on Croissant w/ salad Refried Beans w/Cheese Tortilla Chips Tropical Fruit or Ambrosia	17 BBQ Pork Ribs OR Homemade Meatloaf Mashed Potatoes Hot German Coleslaw WG Roll / Bun Applesauce or Apple Pie	18 Sloppy Joe OR Fried Fish California Blend Veggie Seasoned Potato Wedges Cucumber Salad WG Bun or Bread Slice Pineapple Tidbits or Pineapple Topped Cake
21 Pasta & Meat Sauce OR Garlic Romano Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Iced Cake	22 Ham & Beans OR French Dip on Bun Oven Fries & Onions Stewed Tomatoes Cornbread & Crackers Blushing Pears or Coconut Delight	23 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake	24 Sweet & Sassy Chicken W/ Noodles OR Ham & Noodle Casserole Glazed Carrots Green Peas WG Bread Mixed Fruit or Brownie	25 Baked Fish, Fried Fish OR Beef Patty Melt Baked Beans Coleslaw WG Bread Spiced Peaches or Peach Dump Cake
28 Scrambled Eggs & Sausage Patty OR Chicken Tenders Oven Fries & Onions WG Biscuit/ Gravy Sliced Tomatoes Citrus Fruit Dessert 100% Fruit Juice 4 oz	29 Ground Beef Stroganoff OR Ham Slice Vegetable Blend Buttered Corn WG Hot Roll Chilled Peaches or Texas Sheet Cake	30 Chef Salad OR Chicken Salad Sandwich Sweet & Sour Beets Potato Chips WW Crackers SF Gelatin w/Bananas or Banana Pudding	31 Herb Roasted Chicken Legs OR Salisbury Steak Chantilly Potatoes Sesame Green Beans WG Hot Roll Warm Cinnamon Apples or Coconut Cake	