

March 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
 LIKE "Cape Girardeau Senior Center" on Facebook

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 Pasta w/ Meat Sauce OR Chicken Tetrizzini Italian Blend Veggies Garden Salad Garlic Bread Chilled Pears or Honey Bun cake	4 Homemade Meatloaf OR Polish Sausage and Sauerkraut Mashed Potatoes Vegetable Blend WG Hot Roll Warm Spiced Peaches or Peach Cobbler	5 Poppyseed Chicken w/ Rice OR Salmon Patty w/ Dill Cream Sauce Steamed Broccoli Buttered Corn WG Bread Slice Mandarin Oranges or Carrot Cake	6 Roast Turkey w/ Dressing / Gravy OR Lasagna with Garlic Bread Green Beans Glazed Carrots SF Apple Crisp or Chocolate Cream Pie	7 Beef & Bean Chili w/ 1/2 sandwich OR Fried Fish & Hushpuppies 1/2 Baked Potato Steamed Zucchini WG Crackers Mixed Fruit Salad or Assorted Cookies
10 Beefy Shells and Sauce Pasta Bake OR Broccoli Cheese Soup w/ 1/2 Sandwich Italian Peas Garden Salad WG Garlic Bread Citrus Fruit Salad or Fancy Fruit Dessert	11 Chicken & Dumplings OR Swiss Steak Green Beans Spinach Salad WG Hot Roll Chilled Peaches or Blonde Brownie	12 Sweet 'N Sour Chicken w/ Rice OR Cabbage Roll Asian Blend Veggies Eggroll Buttered Corn WG Bread Slice Chilled Pineapple or Orange Poke Cake	13 Ham Slice OR Roasted Chicken Thighs Sweet Potatoes Cal. Blend Veggies WG Hot Roll Tropical Fruit or Strawberry Cake	14 Fish: Baked or Fried OR Italian Sloppy Joe Seasoned Wedges Coleslaw WG Bread or Bun Cinnamon Applesauce or Applesauce Cake
17 Corned Beef OR Chicken Fried Chicken Cabbage & Carrots Irish Buttered Potatoes Emerald Isle Salad WG Hot Roll Chilled Pears or Lime Poke Cake	18 Sausage & Eggs OR Chicken Tenders Hashbrowns & Onion Sliced Tomatoes WG Biscuit & Gravy Citrus Fruit Salad Orange Juice	19 Potato Soup w/ Ham Cheese Sandwich/Bun OR Sausage Mostaccioli Winter Blend Veggies Garden Salad WG Bun or Bread SF Banana Pudding or Pudding & Cookies	20 Pork Roast OR Glazed Meatballs Scalloped Potatoes Green Beans WG Hot Roll Warm Apples or Candy Apple Cake	21 BBQ Pulled Pork OR Fried Shrimp Baked Beans Oven Fried Okra WG Bun or Bread Slice Chilled Pineapple or Lemon Cake
24 Beef Stroganoff OR Chicken Alfredo Pasta Brussels Sprouts Cooked Carrots WG Garlic Bread Warm Cinnamon Apples or Ambrosia Fruit Dessert	25 Oven Fried Chicken OR Mushroom Chopped Steak Cal. Blend Veggies Mashed Potatoes WG Hot Roll / Bun SF Peach Crisp or Iced Spice Cake	26 Almond Dijon Chicken OR Country Fried Steak Mashed Potatoes Green Beans WG Hot Roll Blushing Pears or Dusted Brownie	27 Ham & Beans OR Beef French Dip Seasoned Cabbage Stewed Tomatoes Cornbread & Crackers Pineapple & Cottage Cheese or Coconut Cream Delight	28 Cheeseburger OR Fried Cod/Hushpuppies Seasoned Potato Wedges Creamy Coleslaw WG Bread Mixed Fruit or Iced Cherry Cake
31 Chicken Sandwich OR Chili Dog Warm Corn Salad Pickled Beets Potato Chips WG Bun Tropical Fruit or Oreo Cheesecake				