

OCTOBER 2025

The actual cost of each meal is about \$8.69

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 Sweet & Sassy Chicken W/ Noodles OR Ham & Noodle Casserole Glazed Carrots Green Pea Salad WG Bread Mixed Fruit or Brownie	2 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake	3 Baked Fish, Fried Fish OR Beef Patty Melt Baked Beans Coleslaw WG Bread Spiced Peaches or Peach Cake
6 Beefy Soft Taco OR Chef Salad Refried Beans Tortilla Chips Tropical Fruit Blend or Fruit Cocktail Cake	7 Chicken & Dumplings OR Swedish Meatballs w/ Noodles Warm Corn Salad Spinach Au Gratin WG Bread or Crackers Mandarin Oranges or S'mores Cake	8 Swiss Steak OR Roasted Chicken Thighs Loaded Mashed Potatoes Roasted Brussels Sprouts WG Hot Roll Chilled Peaches or Peach Cobbler	9 Ham Slice OR Almond Dijon Chicken Au Gratin Potatoes Green Beans Lettuce Salad WG Hot Roll SF Apple Crisp or Applesauce Cake	10 Vegetable Beef Soup w/ Cheese Sandwich OR Fish Sandwich Oven Fried Okra Gelatin Salad WG Bread or Bun Mixed Fruit Dessert or Cook's Choice Dessert
13 CENTER CLOSED FOR THE COLUMBUS DAY HOLIDAY	14 Chicken Sandwich OR Tomato Soup & Toasted Cheese Sand. Seasoned Potato Wedges Seasoned Broccoli WG Bun / Bread Chilled Pineapple or Pineapple Cake	15 Beef Tomato Cabbage Scallop OR Poppysseed Chicken Calif Blend Veggies Roasted Squash WG Hot Roll Chilled Pears or Spice Cake w/Caramel	16 Meatloaf OR Oven Fried Chicken Chantilly Potatoes Country Green Beans WG Hot Roll Warm Cinnamon Apples or Apple Pie	17 FISH: Baked or Fried OR BBQ Pulled Pork Baked Beans Mac-n-Cheese Coleslaw WG Bread or Bun Mandarin Oranges or Fresh Baked Cookies
20 Beefy Macaroni Casserole OR Chicken Cordon Bleu Casserole Buttered Peas Glazed Carrots WG Bread Slice Fruit Cocktail or Pecan Dump Cake	21 Chicken Parmesan w/ Pasta OR Beef Stroganoff Italian Vegetable Blend Hot Buttered Corn WG Garlic Bread Tropical Fruit Blend or Oreo Cheesecake	22 Potato Soup with Ham & Cheese Sand OR Sweet & Sour Chicken w/ Rice Mixed Vegetables Caesar Salad WG Bread Mandarin Oranges or German Chocolate Cake	23 Orange Pork Loin OR Beef Stew Sweet Potato Winter Blend Veggies WG Hot Roll SF Peach Crisp or Cranberry Cobbler	24 Beef and Bean Chili w/ Peanut Butter Sand. OR Fried Fish Baked Potato Waldorf Salad WG Bread and Crackers SF Gelatin w/ Pears or Iced Carrot Cake
27 Cheese Omelet & Sausage Patty or Chicken Tenders Country Fries & Onions WG Biscuit & Gravy Bananas & Pineapple Orange Juice	28 Oven Roasted Chicken OR Polish Sausage & Kraut Mashed Potatoes Glazed Carrots WG Hot Roll SF Mixed Berry Crisp or Honey Bun Cake	29 Homemade Meatloaf OR Chicken Pot Pie Seasoned Green Beans Okra & Tomatoes WG Hot Roll Chilled Peaches or Coconut Delight	30 Chicken & Dressing OR Kettle Beef & Mashed Potatoes Country Blend Beets WG Hot Roll SF Warm Apple & Raisins or Pumpkin Crunch Dessert	31 FISH: Baked or Fried OR Chili Dog Seasoned Potato Wedges Creamy Coleslaw WG Bread or Bun Mandarin Oranges or Cinnamon Roll