

SEPTEMBER 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 CENTER CLOSED FOR THE LABOR DAY HOLIDAY	2 Scrambled Eggs & Sausage Patty OR Chicken Tenders Oven Fries & Onions WG Biscuit/ Gravy Sliced Tomatoes Citrus Fruit Dessert 100% Fruit Juice 4 oz	3 Chef Salad OR Chicken Salad Sandwich Sweet & Sour Beets Potato Chips WW Crackers SF Gelatin w/Bananas or Banana Pudding	4 Herb Roasted Chicken Legs OR Salisbury Steak Chantilly Potatoes Sesame Green Beans WG Hot Roll Warm Cinnamon Apples or Coconut Cake	5 Pulled Pork OR Fried Fish Baked Potato Broccoli Slaw WG Bun or Bread Mixed Fruit Dessert or Cook's Choice Dessert
8 Ham Slice w/ Pineapple OR Hot Chicken Salad Sweet Potatoes California Blend Veggies WG Hot Roll Applesauce or Iced Cherry Cake	9 Chicken Alfredo Pasta OR Glazed Meatballs Parmesan Green Peas Caesar Salad Garlic Bread Tropical Fruit or Texas Sheet Cake	10 Orange Pork Loin OR Chicken Parmesan Lima Beans Seasoned Carrots WG Hot Roll SF Gelatin w/ Pears or Oreo Cheesecake	11 Homemade Meatloaf OR BBQ Chicken Mashed Potatoes Green Bean Casserole WG Hot Roll SF Peach Crisp or Peach Cobbler	12 Baked Fish or Fried Fish OR Cold Sub Sandwich Potato Salad Hawaiian Coleslaw WG Bread / Bun Chilled Mixed Fruit or Honey Bun cake
15 Sweet & Sour Pork Chop OR Chicken Livers Steamed Rice Oriental Vegetables Peas & Carrots Bread Slice Chilled Pineapple or Fresh Baked Cookies	16 Saucy Meatballs OR Country Fried Chicken Mashed Potatoes Beets with Pineapple WG Hot Roll Mandarin Oranges or Special Orange Fluff	17 Soup & Pimiento Cheese Sandwich OR Chicken Chili Bake Mediterranean Veggies Garden Salad w/ Chickpeas WG Bread SF Pudding w/ Fruit or Pineapple Topped Cake	18 Chicken & Dumplings OR Shepherd's Pie Tomatoes & Zucchini Coleslaw WG Hot Roll Mixed Fruit Dessert or Cherry Cheesecake	19 French Onion Chicken OR Fried Fish Mixed Beans Steamed Broccoli WG Hot Roll Chilled Peaches or Peach gelatin Dessert
22 Chicken Sandwich OR Polish Sausage w/ Sauerkraut Buttered Corn Spinach Salad WG Bun or Bread Chilled Peaches or Brownie	23 Chicken & Rice OR Beef Stroganoff Seasoned Carrots Harvard Beets WG Bread Slice Mandarin Oranges or Lemon Blueberry Cake	24 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake	25 Roast Pork & Gravy OR Homemade Meatloaf Mashed Potatoes Hot German Coleslaw WG Roll / Bun Applesauce or Apple Pie	26 Sloppy Joe OR Fried Fish California Blend Veggie Seasoned Potato Wedges Cucumber Salad WG Bun or Bread Slice Pineapple Tidbits or Cook's Choice Dessert
29 Pasta & Meat Sauce OR Garlic Romano Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Iced Cake	30 Ham & Beans OR French Dip on Bun Oven Fries & Onions Stewed Tomatoes Cornbread & Crackers Blushing Pears or Coconut Delight			

*Menu subject to change without notice based on supplier's inventory. SF=Sugar Free. WG=Whole Grain.