

APRIL 2026

SERVING 11:00 – 12:30 MON. – FRI.

The actual cost of each meal is about \$8.69

A suggested contribution is \$5.00 or more per meal applies

Guests under age 60 pay \$9.00 to the hostesses

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921 Clark Ave.

Cape Girardeau, MO 63701

www.capeseniorcenter.org

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Swiss Steak OR Roasted Chicken Thighs Chantilly Potatoes Roasted Brussel Sprouts WG Hot Roll Chilled Peaches or Peach Cobbler	2 Pork Loin OR Ranch Baked Chicken Scalloped Potatoes Roasted Asparagus Cherry Gelatin Salad WG Hot Roll SF Fresh Mixed Fruit OR Coconut Cake	3 CENTER CLOSED FOR GOOD FRIDAY
6 Bell Pepper Steak OR Roasted Chicken Legs Rice Pilaf Steamed Cabbage Buttered Corn WG Bread Slice Blushing Pears or Fresh Baked Cookies	7 Meatball Stroganoff OR Hot Chicken Salad Buttered Noodles Cal. Blend Vegetables Lima Beans WG Bread Slice Mandarin Oranges or Iced Yellow Cake	8 Chicken Parmesan w/ Pasta and Marinara OR French Dip Sandwich Italian Blend Veggies Garden Salad Garlic Bread or Bun Chilled Peaches or Pudding, Home Delivered Ice Cream, In-House	9 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Seasoned Green Beans Gelatin Salad WG Hot Roll SF Apple Crisp OR Strawberry Shortcake	10 Sub Sandwich OR Chicken Ceasar Pasta Salad Potato Salad Cucumber Onion Salad WG Bun or Bread Slice Chilled Seedless Grapes or Cook’s Choice Dessert
13 Pork Chop Supreme OR Almond Dijon Chicken Au Gratin Potatoes Winter Blend Veggie WG Hot Roll Cinnamon Applesauce Or Cinnamon Swirl Cake	14 Chicken Tetrzzini OR Reuben Casserole Buttered Carrots Tossed Salad WG Hot Roll Citrus Fruit Salad or Pineapple Right Side Up Cake	15 BBQ Chicken OR Ham & Cheese Croissant Baked Beans Spinach Au Gratin WG Hot Roll SF Gelatin w/ Bananas or Iced Chocolate Cake	16 Homemade Meatloaf OR Polish Sausage & Kraut Mashed Potatoes Green Beans WG Hot Roll Warm Spiced Peaches or Cinnamon Roll	17 Tortilla Crusted Tilapia OR Cheeseburger Coleslaw Seasoned Wedges WG Bread or Bun Blushing Pears or Cheesecake Dessert
20 Sausage & Scrambled Eggs OR Chicken Tenders Biscuit & Gravy Hashbrowns & Onion Orange Juice Warm Cinnamon Apples	21 Beef Taco Salad OR Turkey in the Orchard Salad Tortilla Chips Black Beans & Corn Whole Wheat Crackers Chilled Pears or Creamy Fruit/ Coconut	22 Sloppy Joe on Bun OR Smothered Brat Baked Potato Cal Blend Veggies WG Bun or Bread Mandarin Oranges or Iced Orange Cake	23 Chicken, Cheddar & Broccoli Casserole OR Ham Slice Glazed Carrots Caesar Salad WG Hot Roll SF Pudding w/ Fruit or Apple Pie	24 BBQ Pulled Pork OR Fried Fish/Hushpuppies Sweet Potato Fries Seasoned Broccoli WG Bun or Bread Chilled Pineapple or Blonde Brownie
27 Sweet ‘n Sour Pork OR Orange Chicken Seasoned Rice Peas & carrots Asian Blend Veggies WG Bread Slice Applesauce or Peanut Butter Delight	28 Tuna Salad OR Turkey Bacon Wrap Sweet ‘n Sour Beets Carrot Ginger Salad Potato Chips WG Bread or Crackers Fruit Cocktail or Fruited Gelatin Dessert	29 BBQ Riblet OR Poppy Seed Chicken/Rice Baked Beans Spinach Salad WG Bun or Bread Slice Chilled Pineapple or Lemonade Cake	30 Chicken & Dumplings OR Honey Garlic Meatballs Green Beans Sliced Tomatoes WG Hot Roll Chilled Peaches or Peach Dump Cake	