

FEBRUARY 2026

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
2 Beefy Macaroni Casserole OR Cordon Bleu Casserole Buttered Peas Glazed Carrots WG Bread Slice Fruit Cocktail or Pecan Dump Cake	3 Potato Soup with Ham & Cheese Sand OR Sweet & Sour Chicken w/ Rice Mixed Vegetables Caesar Salad WG Bread Mandarin Oranges or Chocolate Cake	4 Chicken Parmesan w/ Pasta OR Beef Stroganoff Italian Vegetable Blend Hot Buttered Corn WG Garlic Bread Tropical Fruit Blend or Banana Pudding	5 Orange Pork Loin OR Beef Stew Sweet Potato Winter Blend Veggies WG Hot Roll SF Peach Crisp or Cranberry Crisp	6 Beef and Bean Chili w/ Peanut Butter Sand. OR Fried Fish Baked Potato Green Pea Salad WG Bread and Crackers SF Gelatin w/ Pears or Iced Carrot Cake
9 Cheese Omelet & Sausage Patty or Chicken Tenders Country Fries & Onions WG Biscuit & Gravy Bananas & Pineapple Orange Juice	10 Oven Roasted Chicken OR Smothered Bratwurst Mashed Potatoes Glazed Carrots WG Hot Roll SF Mixed Berry Crisp or Honey Bun Cake	11 Homemade Meatloaf OR Chicken Pot Pie Seasoned Green Beans Okra & Tomatoes WG Hot Roll Chilled Peaches or Coconut Delight	12 Chicken & Dressing OR Country Fried Steak Mashed Potatoes Country Blend Veggies Pickled Beets WG Hot Roll SF Warm Apple & Raisins or Pumpkin Crunch Dessert	13 FISH: Baked or Fried OR Pulled Pork on Bun Seasoned Potato Wedges Creamy Coleslaw WG Bread or Bun Mandarin Oranges or Iced Cherry Cake
16 Center Closed for the Presidents' Day holiday	17 Spaghetti & Meat Sauce OR Creole Pork Chop Parmesan Peas Garden Salad WG Garlic Bread Tropical Fruit or King Cake Roll	18 Ham & Beans OR Fried Shrimp Spinach Au Gratin Stewed Tomatoes Cornbread & WG Crackers Peaches & Cottage Cheese or Cranberry Spice Cake	19 Open Face Roast Beef OR BBQ Ribs Mashed Potatoes Seasoned Green Beans WG Bread Slice Applesauce or Oatmeal Cake	20 Cheeseburger on Bun OR Fried Fish & Hushpuppies Sweet Potato Fries Creamy Coleslaw SF Banana Pudding or Sugar Dusted Brownies
23 Beefy Soft Taco OR Chef Salad Fried Okra Refried Beans Tortilla Chips Tropical Fruit Blend or Fruit Cocktail Cake	24 Ham Slice OR Almond Dijon Chicken Au Gratin Potatoes Green Beans Lettuce Salad WG Hot Roll SF Apple Crisp or Applesauce Cake	25 Swiss Steak OR Roasted Chicken Thighs Loaded Mashed Potatoes Roasted Brussels Sprouts WG Hot Roll Chilled Peaches or Peach Cobbler	26 Chicken & Dumplings OR Swedish Meatballs w/ Noodles Warm Corn Salad Spinach Salad WG Bread or Crackers Mandarin Oranges or Texas Sheet Cake	27 Vegetable Beef Soup w/ Cheese Sandwich OR Fish Sandwich Oven Fried Okra Kidney Bean Salad WG Bread or Bun Mixed Fruit Dessert or Cook's Choice Dessert