

JANUARY 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
			1 Happy New Year!!! Center Closed	2 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
5 Cheese Omelet & Sausage Patty or Chicken Tenders Country Fries & Onions WG Biscuit & Gravy Bananas & Pineapple Orange Juice	6 Oven Roasted Chicken OR Polish Sausage & Kraut Mashed Potatoes Glazed Carrots WG Hot Roll SF Mixed Berry Crisp or Honey Bun Cake	7 Homemade Meatloaf OR Chicken Pot Pie Seasoned Green Beans Okra & Tomatoes WG Hot Roll Chilled Peaches or Coconut Delight	8 Chicken & Dressing OR Country Fried Steak Mashed Potatoes Country Blend Veggie Pickled Beets WG Hot Roll SF Warm Apple & Raisins or Pumpkin Crunch Dessert	9 FISH: Baked or Fried OR Chili Dog Seasoned Potato Wedges Creamy Coleslaw WG Bread or Bun Mandarin Oranges or Cinnamon Roll
12 Spaghetti & Meat Sauce OR Chicken Parmesan Parmesan Peas Garden Salad WG Garlic Bread Tropical Fruit or Assorted Cookies	13 Chicken & Rice Casserole OR Ground Beef Stroganoff Seasoned Broccoli Pickled Beets WG Bread Blushing Pears or Peach Cake	14 Ham & Beans OR Garlic Romano Chicken Spinach Salad Stewed Tomatoes Cornbread & WG Crackers Peaches & Cottage Cheese or Cranberry Spice Cake	15 Open Face Roast Beef OR BBQ Ribs Mashed Potatoes Seasoned Green Beans WG Bread Slice Applesauce or Oatmeal Cake	16 Cheeseburger on Bun OR Fried Fish & Hushpuppies Sweet Potato Fries Creamy Coleslaw SF Banana Pudding or Sugar Dusted Brownies
19 Center Closed for the Martin Luther King, Jr. holiday	20 Beefy Soft Taco OR Chef Salad Fried Okra Refried Beans Tortilla Chips Tropical Fruit Blend or Fruit Cocktail Cake	21 Swiss Steak OR Roasted Chicken Thighs Loaded Mashed Potatoes Roasted Brussels Sprouts WG Hot Roll Chilled Peaches or Peach Cobbler	22 Chicken & Dumplings OR Swedish Meatballs w/ Noodles Warm Corn Salad Spinach Au Gratin WG Bread or Crackers Mandarin Oranges or Texas Sheet Cake	23 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
26 Chicken Sandwich OR Broccoli Soup & Ham & Cheese Sand. Potato Wedges Seasoned Broccoli WG Bun / Bread Chilled Pineapple or Pineapple Right Side Up Cake	27 Ham & Beans OR Beef French Dip Sand On WG Bun Oven Fries & Onions Macaroni & Tomatoes Cornbread & Crackers Peaches & Cottage Cheese or Oreo Cheesecake	28 Beef Tomato Cabbage Scallop OR Poppyseed Chicken Calif Blend Veggies Roasted Squash WG Hot Roll Chilled Pears or Spice Cake w/Caramel	29 Meatloaf OR Oven Fried Chicken Chantilly Potatoes Country Green Beans WG Hot Roll Warm Cinnamon Apples or Apple Pie	30 FISH: Baked or Fried OR BBQ Pulled Pork Baked Beans Mac-n-Cheese Coleslaw WG Bread or Bun Mandarin Oranges or Iced Orange Cake