

May 2026

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

LIKE “Cape Girardeau Senior Center” on Facebook

SERVING 11:00 – 12:30 MON. – FRI.

921 Clark Ave.

Cape Girardeau, MO 63701

www.capeseniorcenter.org

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fish: Baked or Fried OR Meat Cheese Pizza Coleslaw Seasoned Potato Wedges WG Bread Blushing Pears or Brownie
4 Beef Goulash OR Chicken Tortellini Green Beans Garden Salad WG Garlic Bread Emerald Isle Dessert	5 Open Face Patty Melt OR Open Face Turkey on Bread w/ Potatoes Vegetable Blend Broccoli Slaw WG Bread SF Apple Crisp or Peach Cobbler	6 Chicken Shepherd’s Pie OR Mushroom Chopped Steak /Potato Brussel Sprouts Gelatin Salad WG Hot Roll Mandarin Oranges or Iced Cherry Cake	7 Ham and Beans OR Homemade Meatloaf Zucchini & Tomatoes Oven Fried Potatoes w/ Onions Cornbread & Crackers Peaches & Cottage Cheese or Apple Pie	8 Chicken Sandwich OR Fried Fish Sweet Potato Fries Spinach Salad WG Bun or Bread SF Gelatin with Pears or Ambrosia
11 Pepper Steak OR Roasted Chicken Legs Rice Pilaf Steamed Cabbage Buttered Corn WG Bread Slice Blushing Pears or Fresh Baked Cookies	12 Meatball Stroganoff OR Hot Chicken Salad Buttered Noodles Cal. Blend Vegetables Lima Beans WG Bread Slice Mandarin Oranges or Iced Yellow Cake	13 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	14 Oven Fried Chicken OR Beef Liver & Onions in Gravy Mashed Potatoes/Gravy Seasoned Green Beans Caesar Salad WG Hot Roll SF Apple Crisp OR Strawberry Shortcake	15 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
18 Pork Chop Supreme OR Almond Dijon Chicken Au Gratin Potatoes Winter Blend Veggie WG Hot Roll Cinnamon Applesauce Or Cinnamon Swirl Cake	19 Chicken Tetrzzini OR Cabbage Roll Buttered Carrots Tossed Salad WG Hot Roll Citrus Fruit Salad or Pineapple Right Side Up Cake	20 BBQ Chicken OR Ham & Cheese Croissant Baked Beans Spinach Au Gratin WG Hot Roll SF Gelatin w/ Bananas or Iced Chocolate Cake	21 Homemade Meatloaf OR Polish Sausage & Kraut Mashed Potatoes Green Beans WG Hot Roll Warm Spiced Peaches or Cinnamon Roll	22 Tortilla Crusted Tilapia OR Cheeseburger Coleslaw Seasoned Wedges WG Bread or Bun Blushing Pears or Cheesecake Dessert
25 CENTER CLOSED FOR THE MEMORIAL DAY HOLIDAY	26 Sausage & Scrambled Eggs OR Chicken Tenders Pancakes & Syrup Hashbrowns & Onion Orange Juice Warm Cinnamon Apples	27 Sloppy Joe on Bun OR Chili Dog Baked Potato Cal Blend Veggies WG Bun or Bread Mandarin Oranges or Iced Orange Cake	28 Chicken, Cheddar & Broccoli Casserole OR Ham Slice Glazed Carrots Layered Salad WG Hot Roll SF Pudding w/ Fruit or Texas Sheet Cake	29 BBQ Pulled Pork OR Fried Fish/Hushpuppies Sweet Potato Fries Seasoned Broccoli WG Bun or Bread Chilled Pineapple or Blonde Brownie