

JUNE 2025

The actual cost of each meal is about \$8.00
A contribution is \$4.00 or more per meal applies
Guests under age 60 pay \$7.00 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 Sweet & Sour Pork Chop OR Orange Chicken Steamed Rice Oriental Vegetables Peas & Carrots Bread Slice Chilled Pineapple or Oreo Cheesecake	3 Saucy Meatballs OR Chicken Fried Chicken Mashed Potatoes Beets with Pineapple WG Hot Roll Mandarin Oranges or Special Orange Fluff	4 Soup & Pimiento Cheese Sandwich OR Chicken Soft Taco Mediterranean Veggies Garden Salad w/ Chickpeas WG Bread SF Pudding w/ Fruit or Cook’s Choice Dessert	5 Chicken & Dumplings OR Baked Beef Ziti Tomatoes & Zucchini Coleslaw WG Hot Roll Mixed Fruit Dessert or Cherry Cheesecake	6 French Onion Chicken OR Fried Fish Mixed Beans Steamed Broccoli WG Hot Roll Chilled Peaches or Iced Orange Cake
9 Chicken Sandwich OR Polish Sausage w/ Sauerkraut Buttered Corn Spinach Salad WG Bun or Bread Chilled Peaches or Chocolate Cake	10 Chicken & Rice OR Meatballs over Rice Sweet ‘n Sour Green Beans Harvard Beets WG Bread Slice Mandarin Oranges or Lemon Blueberry Cake	11 Beef Taco Salad OR Ham and Cheese on Croissant w/ salad Refried Beans w/Cheese Tortilla Chips Tropical Fruit or Ambrosia	12 BBQ Ribs OR French Dip on Bun Mashed Potatoes Hot German Coleslaw WG Roll / Bun Applesauce or Apple Pie	13 Sloppy Joe OR Fried Fish California Blend Veggie Seasoned Potato Wedges Cucumber Salad WG Bun or Bread Slice Pineapple Tidbits or Pineapple Topped Cake
16 Pasta & Meat Sauce OR Garlic Romano Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Iced Cake	17 Ham & Beans OR Homemade Meatloaf Oven Fries & Onions Stewed Tomatoes Cornbread & Crackers Blushing Pears or Coconut Delight	18 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Seasoned Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake	19 Center Closed For the Federal Juneteenth Holiday	20 Baked Fish, Fried Fish OR Beef Patty Melt Baked Beans Coleslaw WG Bread Spiced Peaches or Peach Dump Cake
23 Scrambled Eggs & Sausage Patty OR Chicken Tenders Oven Fries & Onions WG Biscuit/ Gravy Sliced Tomatoes Citrus Fruit Dessert 100% Fruit Juice 4 oz	24 Ground Beef Stroganoff OR Ham Slice Vegetable Blend Buttered Corn WG Hot Roll Chilled Peaches or Texas Sheet Cake	25 Chef Salad OR Chicken Salad Sandwich Sweet & Sour Beets Potato Chips WW Crackers SF Gelatin w/Bananas or Banana Pudding	26 Herb Roasted Chicken Legs OR Salsibury Steak Chantilly Potatoes Sesame Green Beans WG Hot Roll Warm Cinnamon Apples or Coconut Cake	27 Pulled Pork OR Fried Fish Baked Potato Broccoli Slaw WG Bun or Bread Mixed Fruit Dessert or Cook’s Choice Dessert
30 Chicken Alfredo Pasta OR Meat & Cheese Pizza Parmesan Peas Caesar Salad Garlic Bread Tropical Fruit or Ice Cream / Pudding (in house) / (delivered)				