

NOVEMBER 2025

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
3 Spaghetti & Meatballs OR Cream of Broccoli Soup w/ Sandwich Parmesan Peas Garden Salad WG Garlic Bread Tropical Fruit or Fresh Baked Cookies	4 Chicken & Rice Casserole OR Cabbage Roll/Potatoes Seasoned Broccoli Pickled Beets WG Bread Blushing Pears or Strawberry Shortcake	5 Ham & Beans OR Chicken & Snow Peas with Rice Spinach Stewed Tomatoes Cornbread & WG Crackers Peaches & Cottage Cheese or Texas Sheet Cake	6 Open-Face Roast Beef OR BBQ Ribs Mashed Potatoes Seasoned Green Beans WG Bread Slice Applesauce or Iced Carrot cake	7 Cheeseburger on Bun OR Fried Fish & Hushpuppies Sweet Potato Fries Creamy Coleslaw SF Banana Pudding or Cherry Cheesecake
10 Beefy Soft Taco OR Chef Salad Refried Beans Tortilla Chips Tropical Fruit Blend or Fruit Cocktail Cake	11 CENTER CLOSED FOR THE VETERANS DAY HOLIDAY	12 Chicken & Dumplings OR Saucy Meatballs w/ Noodles Warm Corn Salad Spinach Au Gratin WG Bread or Crackers Mandarin Oranges or Peach Cobbler	13 Ham Slice OR Almond Dijon Chicken Au Gratin Potatoes Green Beans Lettuce Salad WG Hot Roll SF Apple Crisp or Applesauce Cake	14 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
17 Chicken Sandwich OR Tomato Soup & Toasted Cheese Sand. Potato Wedges Seasoned Broccoli WG Bun / Bread Chilled Pineapple or Pineapple Right Side Up Cake	18 Ham & Beans OR Beef French Dip Sand On WG Bun Oven Fries & Onions Macaroni & Tomatoes Cornbread & Crackers Peaches & Cottage Cheese or Peach Cobbler	19 Beef Tomato Cabbage Scallop OR Poppysseed Chicken Calif Blend Veggies Roasted Squash WG Hot Roll Chilled Pears or Spice Cake w/Caramel	20 Roast Turkey OR Glazed Ham Slice Homemade Dressing Candied Sweet Potatoes Green Bean Casserole Cranberry Salad WG Hot Roll SF Pumpkin De-lite or Pumpkin Pie	21 FISH: Baked or Fried OR BBQ Pulled Pork Baked Beans Mac-n-Cheese Coleslaw WG Bread or Bun Mandarin Oranges or Fresh Baked Cookies
24 Beefy Macaroni Casserole OR Chicken Cordon Bleu Casserole Buttered Peas Glazed Carrots WG Bread Slice Fruit Cocktail or Pecan Dump Cake	25 Potato Soup with Ham & Cheese Sand OR Sweet & Sour Chicken w/ Rice Mixed Vegetables Caesar Salad WG Bread Mandarin Oranges or Black Forest Cake	26 Orange Pork Loin OR Beef Stew Sweet Potato Winter Blend Veggies WG Hot Roll SF Peach Crisp or Cranberry Cobbler	27 CENTER CLOSED FOR THE THANKSGIVING HOLIDAY	28 CENTER CLOSED FOR THE THANKSGIVING HOLIDAY