

# Canoe Brook Café

## December

Meals served daily at 11:45 a.m.

Nutrition for mind, body and spirit

*Congregate menu*

Suggested donation \$3

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			<b>1</b>	<b>2</b>
<b>For reservation</b> Please call Maureen (203)315-0685 By 12:00 p.m. the day prior			Pot Roast w/ gravy Baked potato Broccoli berry strudel	Vegetable barley soup Spinach quiche Broiled tomato Roasted squash Chocolate pudding
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Veal cutlet Mashed potato Green beans Apple Pie	Lentil soup Pasta & tuna salad Beat salad Pineapple	Lemon Chicken Rice Pilaf Carrots Peaches	Hamburger Potato salad Grapes	Spinach Frittata Zucchini & tomatoes Fruited jello
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Sweet & Sour Pork Rice Oriental blend Pineapple	Meatloaf w/ gravy Mashed potatoes Veggie Blend Peaches	Baked Chicken Roasted potatoes Carrots Fruit cocktail	<b>Happy Birthday</b> Crab cake Sweet potato fries Cole slaw Chocolate cake	Cream of carrot soup Egg Salad on croissant Three bean salad Fresh fruit
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Beef Stew Noodles Acorn squash Baked apple	Italian wedding soup Grilled chicken Caesar salad Apricots	Pulled BBQ Pork Baked beans Broccoli slaw Fresh fruit	Beef Wellington Twice baked potato peas & mushroom Holiday cake	<b>½ Day no lunch</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Closed Holiday</b>	<b>Chanukah</b> Pot roast w/ gravy Potato Latkes Applesauce Carrots Jelly donut	<b>Midnight @ Noon</b> Roast Beef Twice Baked Potato Green Beans Chocolate Cake <i>Special traveling chef luncheon \$5</i>	Spaghetti & meatballs Collard greens Fresh fruit	<b>½ Day no lunch</b>

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## December

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Nutrition for mind, body and spirit

*Choice menu*

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			<b>1</b>	<b>2</b>
			Cauliflower soup Roast beef on a roll Potato salad Berry strudel	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Lentil soup Turkey, Ham & prov. Sandwich Tomato cucumber salad peaches		Cream of zucchini soup Chicken Salad Pasta salad Grapes	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Vegetable orzo soup Egg salad sandwich Coleslaw Fresh fruit		Cream of carrot soup Chef salad Tomato cucumber salad Chocolate cake	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	Italian wedding soup Seafood salad on a roll Carrot raisin salad Fruit cocktail		<b>No choice Christmas Special</b>	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<b>No choice Chanukah special</b>		Turkey salad on a roll Tossed salad Fresh fruit	