

Canoe Brook Café

December 2019

Menu

Nutrition for mind, body & spirit

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Fish croquettes Rice & orzo pilaf Green beans Dinner roll Grape juice Carrot cake	Chicken paprikash Bowtie noodles Rye bread Fresh fruit	Spaghetti & meatballs Tossed salad Garlic bread Peaches	Turkey pot pie Peas Broccoli Fresh fruit	Baked ziti Tossed salad Breadstick Fresh fruit
9	10	11	12	13
Beef stew Bowtie noodles Green beans Fruit cocktail	Sausage & meatballs Penne pasta Veggies Breadstick Fresh fruit	Cream of carrot soup Tuna boat Pasta salad Broccoli slaw Tropical fruit	Roast pork Mashed sweet potato Bean medley Rye bread Vanilla pudding	Spinach quiche Roasted tomato Caesar salad Dinner roll Fresh fruit
16	17	18	19	20
Sliced turkey Stuffing Mashed squash Cranberry sauce Corn muffin Applesauce	Sausage & peppers Penne pasta Broccoli Fresh fruit	Chicken Cordon Bleu Mashed potato Spinach Grape juice Sugar cookie	Chanukah Special Pot roast Potato latkes Carrots Rye bread Jelly donut	Minestrone Soup Veggie lasagna Zucchini Garlic bread Fresh fruit
23	24	25	26	27
Christmas Special Beef wellington Baked potato Peas Mushrooms Holiday cake	Center closes at noon No lunch served	 Christmas Center Closed	Chicken Piccata Barley pilaf Broccoli Dinner roll Fresh fruit	Midnight at Noon Celebration Roast beef Twice baked potato Green beans Chocolate cake Sparkling cider Coffee/tea
30	31			
Baked chicken Roasted squash Breadstick Chocolate pudding	Center closes at noon No lunch served			Reservations Call Maureen 203.315.0685 Monday-Friday 24 hrs. in advance