

# Canoe Brook Café

## December 2023

### Menu

*Nutrition for mind, body & spirit*

*Suggested donation \$3*

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<b>Reservations</b> <b>Call Maureen</b> <b>203.315.0685</b> <b>Monday-Friday</b> <b>24 hrs. in advance</b>				Beef Taco Meat Brown Rice Fajita Vegetable Flour Tortilla Pineapple
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Potato Crusted Pollock Brown Rice Carrots Rye Bread Fruit	Chicken Tenders Baked Beans Mixed Vegetable Wheat Roll Mandarin Orange	Navy Bean Soup Pork Rib Patty Peas/Peppers Hamburger Bun Peaches	Salisbury Beef Vegetable Gravy Brown Rice Broccoli Rye Bread Pineapple	Stuffed Shells Sauce Green Beans Corn Italian Bread Choc Chip Cookie
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Meatloaf w/Gravy Whip Potatoes Green Peas Wheat Roll Fruit	Cranberry Dijon Chicken Brown Rice Mixed Vegetable Wheat Bread Chocolate Chip Cookie	Cheese Ravoli w/Marinara Sauce Carrots Green Beans w/Peppers Italian Bread	Broccoli Soup Pork Roast Mashed Yams Rye Bread Peaches	Three Bean Chili Brown Rice Zucchini Corn Bread Fresh Fruit
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Sweet & Sour Pork Vegetable Lo Mein Carrots & Lima Beans White Bread Fruit	Salisbury Beef w/Gravy Brown Rice Mixed Vegetable Rye Bread Mandarin Orange	Potato Crusted Pollock Cheesy Whipped Potatoes Broccoli Wheat Bread Pound Cake	Vegetable Soup Baked Ziti Cauliflower Italian Bread Fruit	<b>Christmas</b> No Lunch ½ day
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Christmas</b>  <b>Center</b> <b>Closed</b>	Apricot Mustard Pork Loin Brown Rice Beets Wheat Roll Peaches	Cream of Mushroom Soup Turkey w Gravy Corn Wheat Bread Apple Sauce	Diced Chicken Lemon Dill Sauce Green Peas White Bread Pineapple	No Lunch ½ day