

Canoe Brook Café

February



Meals served daily at 12 noon

Nutrition for mind, body and spirit -Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Call Maureen 24 Hours in advance to reserve lunch 203-315-0685</p>			
3	4	5	6	7
Turkey w/gravy Whipped yams Corn Wheat bread Applesauce	Chicken leg quarter Brown rice Capri vegetables Rye bread Diced pears	BBQ pork Ranch beans Coleslaw Hamburger bun Fresh fruit	Split pea soup Salisbury steak w/ gravy Whipped potatoes Dinner roll Pineapple	Honey balsamic chicken thigh Whipped potatoes Broccoli Wheat bread Mandarin oranges
10	11	12	13	14
Swedish meatballs Bowtie noodles Brussel sprouts White bread Fresh fruit	Sweet & Sour chicken Brown rice Broccoli Wheat bread Pineapple	Potato soup BBQ pork Cabbage w/ carrots Dinner roll Chocolate chip cookie	Tomato basil chicken thigh Garlic parmesan orzo Tossed salad Italian bread Fresh fruit	Cheese quiche Roasted potatoes Tossed salad White bread Fudge crème cookie
17	18	19	20	21
Canoe Brook Closed President's Day	Honey mustard pork Baked pinto beans Coleslaw Wheat bread Fudge crème cookie	Philly cheese steak Roasted potatoes Carrots Hot dog bun Applesauce	Turkey chili Corn O'Brien Mixed greens Cornbread muffin Pears	Vegetable barley soup Salisbury beef w/ gravy Green peas Rye bread Peaches
24	25	26	27	28
Ham Sweet potato casserole Lima beans White bread Applesauce	Meatballs Bowtie noodles Tossed salad Wheat bread Fresh fruit	Chicken stir fry Brown rice Carrots Dinner roll Oatmeal crème cookie	Cream of broccoli soup Cheeseburger Crinkle cut fries Fresh fruit	Garlic rosemary chicken Whipped potatoes Corn Rye bread Pineapple