

# Canoe Brook Café

## February 2024

### Menu



Call Maureen 203-315-0685 24 hours in advance for reservation.

*Suggested donation \$3 Nutrition for mind, body & spirit*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			<b>1</b>	<b>2</b>
			Vegetable Orzo Soup Meatloaf w/ gravy Cabbage Dinner Rolls Pineapple Tidbits	Ravioli w/ Sauce Green Peas w/ peppers Carrots Italian Bread Oatmeal Cookie
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Beef/Chicken Meatballs Brown Gravy Whipped Potatoes Mixed Vegetables Rye Bread Diced Peaches	Sweet & Sour Chicken Brown Rice Pilaf Green Beans White Bread Mandarin Oranges	Pork Roast w/ Gravy Mashed Yams Zucchini Dinner Roll Fresh Fruit	Cream of Tomato Soup Turkey Tetrazzini Carrots Italian Bread Applesauce	Cheese Omelet Tater Tots Mixed Greens Wheat Bread Chocolate Chip Cookie Fruit Juice
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Honey Mustard Pork Brown Confetti Rice Lima Beans Wheat Bread Pineapple Tidbits	Meatloaf w/ Gravy Mashed Potatoes Green Beans Dinner Roll Vanilla Pudding Fruit Juice	Cream of Mushroom Soup Chicken Parmesan Spinach Italian Bread Mandarin Oranges	<b><u>Valentine's Day</u></b> Sweet/Sour Meatballs Mashed Potatoes Sliced Carrots Wheat Roll Vanilla Pudding Assorted Fruit	Vegetarian Chili Corn O' Brien Broccoli Cornbread Muffin Diced Pears
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>CLOSED Presidents Day</b>	Turkey w/ Gravy Mashed Yams Lima Beans Dinner Roll Applesauce	General Tso's Chicken Brown Rice Broccoli White Bread Oatmeal Cookie Fruit Juice	Navy Bean Soup BBQ Pork Corn O' Brien Dinner Roll Fresh Fruit	Macaroni & Cheese Pinto Beans Mixed Greens Cornbread Muffin Mandarin Oranges
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
Herbed Chicken Quarter Baked Sweet Potatoes Cabbage Dinner Roll Diced Peaches	Cheese Baked Ziti Carrots Spinach Italian Bread Pineapple Tidbits	Hamburger Patty American Cheese Roasted Potatoes Corn Hamburger Bun Mandarin Oranges	Crust less Turkey Pot Pie Brown Rice Green Beans White Bread Fresh Fruit	<b><u>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY</u></b>

# Canoe Brook Café

## January



Meals served daily at 12 noon

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>CLOSED</b>	Sweet & Sour Diced Chicken Brown Rice Pilaf Green Beans White Bread Mandarin Orange	Pork Roast w/ Gravy Mashed Yams Zucchini Dinner Roll Fresh Fruit	Cream of Tomato Soup Turkey Tetrazzini Carrots Italian Bread Apple Sauce	Cheese Omelet Tater Tots Mixed Greens Wheat Bread Chocolate Chip Cookie
8	9	10	11	12
Honey Mustard Pork Brown Confetti Rice Lima Beans Wheat Bread Pineapple Tidbits	Meatloaf w/ Gravy Mashed Potatoes Green Beans Dinner Roll Vanilla Pudding Fruit Juice	Cream Mushroom Soup Chicken Parmesan Spinach Italian Bread Oranges	Potato Crusted Pollock Brown Rice Parslied Carrots Rye Bread Fresh Fruit	Vegetarian Chili Corn O'Brien Broccoli Cornbread Muffin Diced Pears
15	16	17	18	19
<b>Martin Luther King Jr. Day</b>	Turkey w/ Gravy Mashed Yams Lima Beans Dinner Roll Apple Sauce	General Tso's Chicken Brown Rice Broccoli White Bread Oatmeal Cookie Fruit Juice	BBQ Chicken Quarter Cheesy Whipped Potatoes Corn, Tomatoes & Okra Dinner Roll Oatmeal Crème Cookie	Macaroni & Cheese Pinto Beans Mixed Greens Cornbread Muffin Mandarin Oranges
22	23	24	25	26
Herbed Chicken Quarter Baked Sweet Potatoes Cabbage Dinner Roll Diced Peaches	Cheese Baked Ziti Carrots Spinach Italian Bread Pineapple Tidbits	Hamburger Patty American Cheese Roasted Potatoes Corn Hamburger Bun Mandarin Orange	Crustless Turkey Pot Pie Brown Rice Green Beans White Bread Fresh Fruit	Broccoli Cheddar Soup Cheese Quiche Potato Tots Wheat Bread Chocolate Chip Cookie Fruit Juice
29	30	31		
Sliced Ham Whipped Yams Corn Dinner Roll Applesauce	Curried Chicken Breast Brown Rice Broccoli Wheat Bread Diced Pears	BBQ Pork Riblet Crinkle Cut Fries Corn Hamburger Bun Applesauce		