



Canoe Brook Café

March

Meals served daily at Noon

Nutrition for mind, body and spirit

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Swiss Steak Whip Potatoes Capri Vegetables Rye Bread Diced Peaches	Baked Ziti Carrots Spinach Italian Bread Pineapple Tidbits	Chicken Tenders Navy Bean soup Corn O'brien Dinner Roll Chocolate Cookie	Beef Taco Meat Spanish Rice Fajita Vegetables Flour Tortilla Fresh Fruit	Pollock Tater Tots Cabbage Hamburger Bun Applesauce
10	11	12	13	14
Turkey w/Gravy Whipped Yams Corn Applesauce Wheat Bread	Chicken Leg Brown Rice Capri Vegetables Rye Bread Diced Pears	Bbq Pork Riblet Ranch Beans Coleslaw Hamburger Bun Fruit	St. Patrick's Day Corned Beef & Cabbage Red Potatoes Rye Bread Oatmeal Cookies	Ravioli w/Sauce Green Beans Carrots Italian Bread Oatmeal Cookie
17	18	19	20	21
Swedish Meatballs Bowtie Noodles Brussel Sprouts White Bread Diced Peaches	Sweet/Sour Chicken Brown Rice Broccoli Wheat Bread Pineapple Tidbits	BBQ Pork Potato Soup Cabbage w/Carrots Dinner Roll Chocolate Cookie	To/ Basil Chicken Garlic Parm Orzo Tossed Salad Italian Bread Fruit	Cheese Omelet Tater Tots Spinach Wheat Bread Apple Sauce
24	25	26	27	28
Chicken Parmesan Penne Noodles Broccoli Italian Bread Pineapple Tidbits	BBQ Pork Pinto Beans Coleslaw Wheat Bread Fudge Cookie	Philly Cheese Steak Roasted Potatoes Carrots Hot Dog Bun Applesauce	Turkey Chili Corn O'brien Mixed Greens Cornbread Muffin Diced Pears	Pollock Veg Barley Soup Green Beans Dinner Roll Mandarin Orange
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Low Salt Ham Sweet Potato Casserole Lima Beans White Bread Applesauce				Reservations Call Maureen 203-315-0685 one day in advance