

Canoe Brook Café

March 2020

Menu

Nutrition for mind, body & spirit

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Open turkey sandwich Potato wedges Tossed salad Apple slices	Salisbury steak Mashed sweet potato Broccoli Fresh fruit	Tomato soup Southern crusted fish Brown rice Glazed carrots Peaches	Chicken Marsala Roasted squash Green beans Chocolate pudding	Eggplant rololini Ziti Caesar salad Fresh fruit
9	10	11	12	13
Beef stroganoff Bowtie noodles Green beans Fresh fruit	Roasted chicken Roasted potatoes Dinner roll Apple juice Carrot cake	Pork roast Mashed potato Broccoli Mandarin oranges	Chicken tortilla soup Mushroom spinach quiche Orzo pilaf Marble bread Fruit cocktail	Mediterranean fish Rice pilaf Bean blend Pineapple
16	17	18	19	20
Minestrone soup Turkey, ham & cheese grinder Beet salad Peaches	St. Patrick's Day Corned beef & cabbage Boiled potatoes Carrots Irish soda bread Bread pudding	Orange chicken Fried rice Peppers & onions Wheat bread Pineapple	Beef & bean chili Potato wedges Roasted squash Corn bread Fresh fruit	Baked ziti Tossed salad Breadstick Orange juice Chocolate cake
23	24	25	26	27
Chicken cacciatore Bowtie noodles Cauliflower Fresh fruit	Italian wedding soup Unstuffed peppers Tossed salad Pears	Pulled pork sandwich Coleslaw Baked beans Fresh fruit	Roasted turkey breast Mashed butternut squash Green beans Brownie	Tuna boat Pasta & veggie salad Vanilla pudding
30	31			
Ravioli with meat sauce Italian bread Apple juice Chocolate chip cookie	Fish sticks Macaroni & cheese Green beans Fresh fruit		Reservations Call Maureen 203.315.0685 Monday-Friday 24 hrs. in advance	

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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Meatloaf Mashed Potatoes Peas Roll Fruited jello	Beef & broccoli Fried rice Asian veggie Pineapple	Tuscan Bean soup Cheese omelet Hash browns Veggies Corn Muffin
6	7	8	9	10
Open turkey sandwich Potato Wedges Tossed Salad Apple slices	Salisbury steak Mashed sweet potato Broccoli Fresh fruit	Tomato soup Southern crusted fish Brown rice Carrots Peaches	Easter Special Glazed ham Sweet potato pone Green beans Hot cross buns	CLOSED Good Friday
13	14	15	16	17
Beef stroganoff Bowtie noodles Green beans Fresh fruit	Roasted chicken Rosemary potatoes Dinner roll Carrot cake	Pork roast Mashed potato Broccoli Mandarin oranges	Chicken tortilla soup Mushroom spinach quiche Broiled tomato Orzo pilaf	Mediterranean fish Brown rice Bean blend Pineapple
20	21	22	23	24
Minestrone Soup Turkey, ham & cheese grinder Beet salad Peaches	Pork loin Bowtie noodles Zucchini & summer squash Garlic bread Tropical fruit	Orange chicken Fried rice Peppers & onions Pineapple	Beef & bean chili Potato wedges Roasted squash Fresh fruit	Baked ziti Tossed salad Breadstick Orange juice Chocolate cake
27	28	29	30	
Chicken cacciatore Bowtie noodles Cauliflower Fresh fruit	Italian wedding soup Unstuffed peppers Tossed salad Pears	Pulled pork sandwich Coleslaw Baked beans Fresh fruit	Roasted turkey breast Mashed butternut squash Green beans Brownie	Reservations Call Maureen 203.315.0685 Monday-Friday 24 hrs. in advance