



Canoe Brook Café

March

Meals served daily at Noon

Nutrition for mind, body and spirit

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
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Reservations Call Maureen 203-315-0685 one day in advance				Broccoli Cheddar Soup Cheese Quiche Potato Tots Bread Choc Chip Cookie
4	5	6	7	8
Sliced Ham Whipped Yams Corn Dinner Roll Applesauce	Curried Chicken Brown Rice Broccoli Wheat Bread Diced Pears	Bbq Pork Riblet Fries Corn Hamburger Bun Applesauce	Veg Orzo Soup Meatloaf Gravy Cabbage Dinner Roll Pineapple bits	Ravioli w/Sauce Peas w Peppers Carrots Italian Bread Oatmeal Cookie
11	12	13	14	15
Beef/Chic Meatballs Whipped Potatoes Mixed Vegetables Rye Bread Diced Peaches	Sweet/Sour Chicken Brown Rice Green Beans White Bread Mandarin Orange	Roast Pork w/Gravy Mashed Yams Zucchini Dinner Roll Fresh Fruit	St. Patrick's Day Corned Beef & Cabbage Rosemary Potatoes Rye Bread Pudding	Cheese Omelet Tater Tots Mixed Greens Wheat Bread Choc Chip Cookie Fruit Juice
18	19	20	21	22
Honey Must Pork Brown Rice Lima Beans Wheat Bread Pineapple Tidbits	Meatloaf w/Gravy Mashed Potatoes Green Beans Dinner Roll Vanilla Pudding	Mushroom Soup Chicken Parmesan Spinach Italian Bread Mandarin Orange	Pollock Brown Rice Parslied Carrots Rye Bread Fresh Fruit	Vegetarian Chili Corn O'Brien Broccoli Corn Muffin Diced Pears
25	26	27	28	29
Meatballs w/ Sauce Bowtie Noodles Mixed Vegetables Italian Bread Pineapple Tidbits	(Latino Menu) Meatballs w/Sauce White Rice Green Beans Applesauce Must order by 3/19	General Tso's Chic Brown Rice Broccoli White Bread Oatmeal Cookie	(Latino Menu) Beef Stew Cilantro Lime Rice Broccoli Fruit Must order by 3/21	Closed Good Friday