


Canoe Brook Café

July 2019

Menu

Nutrition for mind, body and spirit

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Spaghetti & meatballs Zucchini Garlic bread Fresh fruit	4th of July Celebration BBQ ribs Baked beans Coleslaw Strawberry shortcake Lemonade	Philly cheesesteak Onions & peppers Pound cake Apple juice	CLOSED 	Cream of zucchini soup Spinach quiche Breadstick Baked apple slices
8	9	10	11	12
BBQ chicken Roasted potato Coleslaw Biscuit Watermelon	Veggie gumbo soup Egg salad plate Breadstick Fresh fruit	Happy Birthday Open turkey sandwich Smashed potato Grape juice Ice cream cup	Cheeseburger Baked beans Peaches	Veggie chili Sweet potato wedges Broccoli Corn bread Fruit salad
15	16	17	18	19
Pork loin w/ gravy Brown rice Broccoli/carrots Bread Pineapple	Veal parmesan Penne Pasta Caesar salad Italian bread Apple juice Jello	Minestrone soup Chef salad Dinner roll Pears	Chicken Florentine Bowtie noodles Green/wax beans Rye bread Melon	Salmon & pasta salad Tossed salad Breadstick Grape juice Lemon cookie
22	23	24	25	26
Black bean soup Beef taco Tortilla chips Tropical fruit	Baked chicken Sweet potato pone Bean blend Dinner roll Fresh fruit	Meatball grinder Tossed salad Fresh fruit	Fish croquettes Macaroni salad Beet salad Dinner roll Apple juice Berry strudel	Stuffed shells w/ cream sauce Butternut squash Spinach salad Garlic bread Melon
29	30	31		
Chicken cordon bleu Roast potato Carrots Dinner roll Orange juice Brownie	Tortellini w/ ham Broccoli Breadstick Grape juice Italian ice	Cream of carrot soup Ginger garlic salmon Rice pilaf Spinach Melon		Reservations Call Maureen 203-315-0685 Monday – Friday By noon, at least one day in advance