


Canoe Brook Café

November Menu

Nutrition for mind, body and spirit

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><u>Reservations</u> Call Maureen 203-315-0685 Monday – Friday 24 hrs in advance</p>				
6	7	8	9	10
				<p>CLOSED</p>  <p>Veterans Day</p>
13	14	15	16	17
	Broccoli Soup Roast Pork Mashed Yams Rye Bread Peaches	Potato Crusted Pollock Cheesy Potatoes Broccoli Wheat Bread Pound Cake Fruit	Vegetable Soup Baked Ziti Cauliflower Italian Bread Fruit	Cilantro Lime Chicken Brown Rice Vegetable Blend Flour Tortilla Oatmeal Cookie
20	21	22	23	24
Beef/Chicken Meatballs Marinara Sauce Bow Tie Pasta Zucchini Wheat Roll Fruit	Apricot Mustard Pork Loin Brown Rice Beets Wheat Roll Peaches	<p>Thanksgiving Special</p> Roast Turkey with Gravy Savory Stuffing Green Beans Wheat Roll Pumpkin Pie	<p>CLOSED</p> 	<p>CLOSED</p> 
27	28	29	30	
General Tso's Chicken Brown Rice Pilaf Green Beans Wheat Bread Mandarin Oranges	Cheese Quiche Red Potatoes Spinach White Bread Tropical Fruit	Hamburger Patty American Cheese Crinkle Fries Green Beans Kaiser Roll Fruit	Tomato Soup Roast Pork w/ Mushroom Gravy Whip Potatoes Rye Bread Apple Sauce	<p><u>MENU</u> <u>SUBJECT TO</u> <u>CHANGE</u> <u>BASED ON</u> <u>AVAILABILITY</u></p>

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December 2023

Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
				1
Reservations Call Maureen 203.315.0685 Monday-Friday 24 hrs. in advance				Beef Taco Meat Brown Rice Fajita Vegetable Flour Tortilla Pineapple
4	5	6	7	8
Potato Crusted Pollock Brown Rice Carrots Rye Bread Fruit	Chicken Tenders Baked Beans Mixed Vegetable Wheat Roll Mandarin Orange	Navy Bean Soup Pork Rib Patty Peas/Peppers Hamburger Bun Peaches	Salisbury Beef Vegetable Gravy Brown Rice Broccoli Rye Bread Pineapple	Stuffed Shells Sauce Green Beans Corn Italian Bread Choc Chip Cookie
11	12	13	14	15
Meatloaf w/Gravy Whip Potatoes Green Peas Wheat Roll Fruit	Cranberry Dijon Chicken Brown Rice Mixed Vegetable Wheat Bread Chocolate Chip Cookie	Cheese Ravoli w/Marinara Sauce Carrots Green Beans w/Peppers Italian Bread	Broccoli Soup Pork Roast Mashed Yams Rye Bread Peaches	Three Bean Chili Brown Rice Zucchini Corn Bread Fresh Fruit
18	19	20	21	22
Sweet & Sour Pork Vegetable Lo Mein Carrots & Lima Beans White Bread Fruit	Salisbury Beef w/Gravy Brown Rice Mixed Vegetable Rye Bread Mandarin Orange	Potato Crusted Pollock Cheesy Whipped Potatoes Broccoli Wheat Bread Pound Cake	Vegetable Soup Baked Ziti Cauliflower Italian Bread Fruit	Christmas No Lunch ½ day
25	26	27	28	29
Christmas Center Closed	Apricot Mustard Pork Loin Brown Rice Beets Wheat Roll Peaches	Cream of Mushroom Soup Turkey w Gravy Corn Wheat Bread Apple Sauce	Diced Chicken Lemon Dill Sauce Green Peas White Bread Pineapple	No Lunch ½ day