


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>