

# Canoe Brook Café

## November Menu

*Nutrition for mind, body and spirit*

*Suggested donation \$3*

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><b><u>Reservations</u></b>            Call Maureen            203-315-0685            Monday – Friday            24 hrs in advance</p>	<p><u>MENU</u>  <u>SUBJECT TO</u>  <u>CHANGE</u>  <u>BASED ON</u>  <u>AVAILABILITY</u></p>			Chicken Chili Cilantro Rice Corn Flour Tortilla Applesauce
4	5	6	7	8
Potato Crusted Pollock Confetti Rice Carrots Rye Bread Fruit	Chicken Parm Penne Pasta Tossed Salad Wheat Roll Cookie	Low Salt Ham Navy Bean Soup Corn Wheat Bread Diced Peaches	Sweet/Sour Meatballs Mash Potatoes Broccoli Wheat Roll Fruit	Cheese Quiche Red Potatoes Spinach White Bread Pineapple
11	12	13	14	15
<p style="text-align: center;"><b>CLOSED</b></p>  <p style="text-align: center;"><b>Veterans Day</b></p>	Baked Ziti Green Peas Italian Bread Tossed Salad Applesauce	Beef Tips/Gravy Mashed Potatoes Cabbage Rye Bread Fruit	Chicken/Cord on Bleu Sauce Whip Red Potatoes Corn O'Brien	3 Bean Vegetable Chili/ Confetti Rice Carrots Corn Muffin
18	19	20	21	22
Cheese Ravioli w/Alfredo Sauce Green Peas Carrots Italian Bread Fruit	Salisbury Beef/w Gravy Scalloped Potato Wheat Roll Cabbage Orange	BBQ Pork Patty Pinto Beans Broccoli Hamburger Bun Pineapple	Mexican Style Chicken Blk Bean Soup Flour Tortilla Fruit	Hamburger Patty Crinkle Fries California Veg Hamburger Bun Applesauce
25	26	27	28	29
Meatballs with Marinara Bow Tie Pasta Broccoli White Bread Oranges	BBQ Chicken Cheesy Whipped Corn Wheat Bread Fruit	Roast Turkey with Gravy Savory Stuffing Green Beans Wheat Roll Pumpkin Pie	<p style="text-align: center;"><b>CLOSED</b></p> 	<p style="text-align: center;"><b>CLOSED</b></p> 