

Canoe Brook Café

October 2022 Menu

*Reservation required. Call Maureen at 203-315-0685
no later than noon the day before you would like to come.*

Suggested donation: \$3.00, Guests \$6.00

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Meatloaf Mashed Potatoes w/Gravy Peas Peaches	Beef & Bean Chili Rice Pilaf Zucchini Fruit	Bratwurst Pierogies Red Cabbage Black Forest Cake	Chicken & Veg Soup Ravioli Green Beans Applesauce	Pork Roast Mashed Yams Broccoli Choc Pudding
10	11	12	13	14
CENTER IS CLOSED!	Salisbury Steak Rice Cauliflower Applesauce	Fish nuggets Mac & Cheese Mixed Veggies Pears	Veg Barley Soup Herb Chicken Pears	Baked Ziti Carrot Green Beans Fruit
17	18	19	20	21
Spaghetti & Meatballs Zucchini Roll Fruit	Lemon Chicken Orzo Pilaf Peas Pineapple	Turkey w/ gravy Whipped sweet potatoes Roasted beets Applesauce	Cream of Mushroom Soup Apricot Pork Corn Fruit	Spinach Quiche Rstd Potatoes Mixed Veggies Vanilla Pudding
24	25	26	27	28
Glazed Chicken Bkd Sweet Potato Winter Veggies Orange	Cheese Omelet Home Fries Broccoli Fruit	Cheeseburger Steak Fries Green Beans Fruit	Minestrone Pork Loin Mashed Potatoes w/Gravy Applesauce	Taco Meat Tortilla Fiesta Veggies Brown Rice Pineapple
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Halloween Special! Spaghetti & Meatballs Green Beans Brownie				