

Canoe Brook Café

September 2023 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
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Suggested Donation: \$3 Guests: \$6				Meatloaf Whipped potatoes Cabbage Pears
4	5	6	7	8
CLOSED Happy Labor Day!	Cheeseburger Potato salad Pudding Fruit juice	Spinach quiche Tater tots Wheat bread Applesauce	Chicken breast Mushroom soup Spinach salad Pound cake	Taco salad Bean & corn salad Flour tortilla Pineapple
11	12	13	14	15
Chicken stir fry Brown rice Carrots Bread Fruit juice	Cheeseburger Steak fries Broccoli Fruit	Baked ziti Salad Italian bread Applesauce	Veg orzo soup Chef salad Kidney bean salad Pears	Cheese omelet Tater tots Stewed tomatoes Wheat bread Fruit
18	19	20	21	22
Chicken paprika Brown rice Corn Rye bread Fruit	Pollock Sweet potatoes Peas Peaches	Pork roast Whipped potatoes Mixed vegs Biscuit	Eggplant parm Minestrone soup Penne Fruit	Salisbury beef Gravy Rice pilaf Roll Pears
25	26	27	28	29
Spaghetti & meatballs Peas Italian bread Fruit	Turkey breast Gravy Whipped potatoes Mixed vegs Mandarin orange	Beef chili Brown rice Carrots Muffin Pineapple	Tuna salad Lettuce & cucumbers Orzo veg soup Dinner roll Peaches	Sweet & sour pork Brown rice Veg blend Fruit gelatin