

Canoe Brook Café

September Menu

Nutrition for mind, body and spirit

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day Closed	Chicken parm Penne past Tossed salad Breadstick Fresh fruit	Chicken noodle soup Chicken pot pie Broccoli Biscuit Peaches	Pork loin Baked sweet potato Dinner roll Chocolate chip cookie	Butternut squash ravioli White beans Spinach Italian bread Apple slices
9	10	11	12	13
Pulled pork Baked beans Coleslaw Fresh fruit	Fish sticks Barley pilaf Dinner roll Pound cake	Salisbury steak Smashed potato Mixed veggies Rye bread Fresh fruit	Chicken Piccata Sweet potato Broccoli Dinner roll Pears	Veggie Soup Broccoli quiche Sweet potato fries Fruit cocktail
16	17	18	19	20
Baked Chicken Roasted squash Spinach Chocolate pudding	Lentil Soup Ham, turkey & cheese sandwich Beet salad Apricots	Spaghetti & meatballs Caesar salad Garlic bread Fresh fruit	Baked salmon strips Rice pilaf Wheat bread Fresh fruit	Veggie chili Potato wedges Broccoli Corn muffin Pineapple
23	24	25	26	27
Tomato soup Fish croquette Brown rice Broccoli Cauliflower Fresh fruit	Chicken Francese Bowtie noodles Zucchini Peaches	Sweet & sour pork Fried brown rice Asian veggies Lemon cookie	Pot roast Mashed potato Green beans Marble bread Mandarin oranges	Baked ziti Cannellini beans Tossed salad Garlic breadstick Fresh fruit
30				
Beef stew Bowtie noodles Green beans Fruit cocktail			Reservations Call Maureen 203-315-0685 Monday – Friday By noon, at least one day in advance	