

# Canoe Brook Café

## May

Meals served daily at 11:45 a.m.

Nutrition for mind, body and spirit

*Congregate menu*

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Fish Cakes Mac & Cheese Zucchini & Tomato Pineapple	Meatloaf & Gravy Mashed Potatoes Peas Fresh Fruit	<b>Cinco De Mayo</b> Taco Bake w/ Tortilla Chips Fiesta Corn Lime Jello Fruit	Vegetable Lasagna Roll Glazed Carrots Chocolate Chip Cookie
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Turkey Bolognese w/ Penne Tossed Salad Baked Apple Slices	Roast Beef w/ Gravy Sweet Potato Broccoli Fresh Fruit	<b>Mother's Day Special</b> Spinach, Broccoli & Mushroom Quiche Home Fries Tossed Salad Fresh Fruit Cup Cinnamon Coffee Cake	Chicken Piccata Butternut Squash Green Beans Chocolate Pudding	Eggplant Parmesan w/ Ziti Caesar Salad Fresh Apple
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Beef Stroganoff Bowtie Noodles Green Bean Fresh Fruit	Roasted Chicken Sweet Potato Veggie Blend Berry Strudel	Pork Roast w/ Gravy Mashed Potatoes Broccoli Mandarin Oranges	Chicken Noodle Soup Quiche Lorraine Broiled Tomato Fruit Cocktail	Mediterranean Fish Roasted Potatoes Zucchini Pineapple
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Orange Chicken Fried Rice Sautéed Peppers Butterscotch Pudding	Pork Ragout Penne Zucchini & Squash Mandarin Oranges	<b>Happy Birthday</b> Minestrone Soup Ham & Cheese Grinder Chocolate Cake	Beef Stew Mashed Potatoes Carrots Grapes	Baked Ziti Tossed Salad Peaches
<b>28</b>	<b>19</b>	<b>30</b>	<b>31</b>	
	Cheeseburger w/ Sautéed Onions & Peppers Potato Salad Baked Beans Blueberry Pie	Roasted Turkey Butternut Squash Green Beans Pie	Pulled Pork Sandwich Coleslaw Baked Beans Grapes	<b>Reservations</b> Call Maureen 203-315-0685 Monday – Friday before noon at least one day in advance

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Choices Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	Cream of Zucchini Soup Turkey Salad on a Roll Tossed Salad Pineapple		 <p><b>Special</b></p>	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	Lentil Soup Turkey, Ham & Cheese Grinder Tomato Cucumber Salad Fresh Fruit		Cauliflower Soup Roast Beef & Cheese on a Roll Potato Salad Chocolate Pudding	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	Vegetable Orzo Egg Salad Sandwich Cole Slaw Berry Strudel		Chicken Noodle Soup Chef Salad Tomato & Cucumber Salad Fruit Cocktail	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	Italian Wedding Soup Seafood Salad on Roll Carrot Raisin Salad Tomato & Cucumber Salad Mandarin Oranges		Turkey & Cheese Wrap Potato Salad Grapes	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	 <p><b>Special</b></p>		Butternut Squash Chicken Salad on a Bed of Lettuce Pasta Salad Beets Salad Grapes	<p><b>Reservations</b> Call Maureen 203-315-0685 Monday – Friday before noon at least one day in advance</p>