

# Canoe Brook Café

## February 2018

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>
			Swiss Steak w/ Bowtie Noodles Spinach Fresh Fruit	Cream of Carrot Soup Broccoli & Mushroom Frittata Potato O'brien Pineapple
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Salisbury Steak/ w Gravy Mashed Potato Tuscany Vegetable Pie	BBQ Chicken Baked Beans Coleslaw Fresh Fruit	Chicken Noodle Soup Stuffed Salmon Orzo Beets Fresh Fruit	Sweet & Sour Pork Fried Rice Oriental Vegetables Mandarin Orange	Vegetable Lasagna Roasted Tomato Salad Fruited Jello
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Cranberry Glazed Chicken Sweet Potato Green Beans Fresh Fruit	Baked Ziti Meatball Salad Mandarin Orange	<b>Valentine's Day</b> Beef Braciole w/ Gravy Au gratin Potato Green Beans Holiday Cake	Minestrone Soup Crab Cakes Rice & Orzo Pilaf Broccoli Peaches	Spinach Quiche Stewed Tomatoes Roasted Vegetables Fresh Fruit
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>CLOSED</b>	Hot Open Turkey Sandwich w/ Gravy Steak Fries California Blend Vegetables Fresh Fruit	Clam Chowder Ritz Crusted Haddock Rice Peas & Carrots Pears	<b>Happy Birthday</b> Herb Chicken Acorn Squash Green Beans Carrot Cake	Spinach Gandioli Zucchini & Squash Salad Fresh Fruit
<b>26</b>	<b>27</b>	<b>28</b>		
Roast Pork w/ Gravy Sweet Potato Peas & Onions Applesauce	Veg. Barley Soup Chicken Florentine Bowtie Noodles Carrots Tropical Fruit	Chili Zucchini Corn Fresh Fruit	<b>Reservations</b> Call Maureen 203-315-0685 Monday – Friday before noon at least one day in advance	

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## *Choice lite menu*

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Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>1</b>
			Cauliflower Soup Roast Beef Sandwich Potato Salad Fresh Fruit	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Lentil Soup Turkey, Ham & Provolone Grinder Salad Fresh Fruit		Cream of Zucchini Soup Chicken Salad on a bed of lettuce Pasta Salad Beet Salad Mandarin Orange	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Orzo Soup Egg Salad Sandwich Cole slaw Mandarin Orange		Minestrone Soup Chef Salad Tomato, Cucumber, Basil Salad Peaches	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>CLOSED</b>	Butternut Squash Soup Seafood Salad Sandwich Carrot Raisin Salad Tomato & Cucumber Salad Fresh Fruit		<b>Happy Birthday</b> Sweet Potato Coconut Soup Roast Beef & Turkey Wrap Potato Salad Carrot Cake	
<b>26</b>	<b>27</b>	<b>28</b>		
	Veg. Barley Soup Chicken Salad on bed of Lettuce Pasta Salad Beets Salad Tropical Fruit		<b>Reservations</b> Call Maureen <b>203-315-0685</b> <b>Monday – Friday</b> <b>before noon</b> <b>At least one day in</b> <b>advance</b>	