

Canoe Brook Café

February 2019

Congregate menu

Nutrition for mind, body and spirit

Suggested donation \$3

	Monday	Tuesday	Wednesday	Thursday	Friday
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	<p>Reservations Call Maureen 203-315-0685 Monday – Friday By noon, at least one day in advance</p>	<p>Note: The Choice Menu options are no longer being offered as there was not enough interest.</p>			Vegetarian Chili Brown rice Country Style Veg Corn Bread Mandarin Oranges
	4	5	6	7	8
	Cream Carrot Soup Chicken Salad Plate Lettuce, carrots, apples Pasta, Vegetable, Olive Salad, Broccoli Beet Salad, Applesauce	Cheeseburger Wheat Roll Steak Fries Riviera Veg Coffee Cake Orange Juice	Roast Turkey/gravy Cranberry Sauce Mashed Squash Beets Wheat Bread Fresh fruit	Sloppy Joe Wheat Bun Potato Tots Carrots Pineapple	Mushroom Quiche Sweet Potato Spinach Wheat Bread Fruited Jello Apple Juice
	11	12	13	14	15
	Chicken Parmesan Bowtie Pasta Parmesan Cheese Zucchini & Tomato Italian Bread Peaches	Beef Teriyaki Brown Rice w/Pineapple Oriental Blend Veg Wheat Roll Mandarin Oranges	Italian Wedding Soup Turkey Salad Wheat Bread Macaroni Salad Broccoli Slaw Chocolate Pudding Grape Juice	<p style="text-align: center;">Valentines Day</p> Beef Braciolo Au gratin Potatoes Green Beans Wheat Roll Holiday Cake	Tuna Casserole Italian Blend Veg Spinach Garlic Breadstick Carrot cake Mixed Fruit Juice
	18	19	20	21	22
	<p style="text-align: center;">CLOSED Presidents Day</p>	Chicken Pot pie Biscuit Carrots Green Beans Baked Apple slices	Meat Loaf/gravy Acorn Squash Peas and Carrots Pumpnickel Roll Fresh Fruit	French Onion Soup Stuffed Salmon Wild Rice Pilaf Broccoli Wheat Dinner Roll Fresh Fruit	Chef Salad Turkey, Cheese, Cooked Egg Wheat Roll Tomato, Cuke, & Basil, Salad Fresh Fruit
	25	26	27	28	
	Cauliflower Soup Turkey Salad Wheat Roll Tossed Salad Chic Pea Salad Pineapple	Sausage & Pepper Brown Rice Pilaf Broccoli Wheat Grinder Roll Fresh Fruit	Chicken Florentine Penne Pasta Stewed Tomato Italian Bread Apricots	<p style="text-align: center;">Happy Birthday!</p> Roast Beef/gravy Wheat Bread Smashed Potato Glazed Carrots Brownie, Juice	