

Canoe Brook Café

November

Meals served daily at 11:45 a.m.

Nutrition for mind, body and spirit

Congregate menu

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Pork Loin w/ Gravy Mashed Potato Broccoli & Cauliflower Applesauce	Butternut Squash & Apple Soup Grilled Chicken w/ Spinach & Tomato Bowtie Noodles Fresh Fruit	Eggplant Rollatini Fresh Zucchini Tossed Salad Fruited Jello
6	7	8	9	10
Hot Open Turkey Sandwich Italian Green Beans Butternut Squash Baked apple Slices	Veal Parmesan W/ Ziti Broccoli Fresh Fruit	Cream of Zucchini Soup Apricot Chicken Rice Pilaf Peas & Mushrooms Tropical Fruit	Hamburger Green Beans or Coleslaw Baked Beans Apple Pie	Closed Veteran's day
13	14	15	16	17
Spaghetti & Meatballs Broccoli Fresh Fruit	Corn Chowder Chef Salad Peaches	BBQ Chicken Baked Beans Coleslaw Pear Crisp	Turkey w/ Gravy Stuffing Sweet Potatoes Cranberry Sauce Peas, Carrots & Corn Pumpkin Pie	Crab Cakes Brown Rice & Orzo Pilaf Zucchini & Tomato Fruit Cocktail
20	21	22	23	24
Sweet & Sour Pork Fried Rice Vegetable Blend Pineapple	Chicken Parmesan w/Penne Pasta Tossed Salad Sugar Cookie	Vegetable Barley Soup Fish Sweet Potato Green Beans Mandarin Oranges	Senior Center Closed	Senior Center Closed
27	28	29	30	
Herb Baked Chicken Sweet Potato Spinach Fresh Fruit	Stuffed Pepper Casserole Rice Mixed Vegetables Vanilla Pudding w/ Berries	Happy Birthday Linguini & Clam Sauce Tossed Salad Birthday Cake	Turkey w/ Gravy Stuffing Acorn Squash Cranberry Sauce Fruit Cocktail	For reservation Please call Maureen (203)315-0685 By 12:00 p.m. the day prior

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Choice menu

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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			Butternut Squash & Apple Soup Roast Beef & Cheese on a Roll Potato Salad Fresh Fruit	
6	7	8	9	10
	Vegetable Orzo Soup Egg Salad Sandwich Coleslaw Fruit		Veterans Day Lunch No Choice Meal	Senior Center Closed
13	14	15	16	17
	Corn Chowder Soup Chef Salad Tomato Cucumber Salad Peaches		Thanksgiving Special No Choice Meal	
20	21	22	23	24
	Lentil Soup Seafood Salad on a Roll Carrot Raisin Salad Tomato & Cucumber Salad Sugar Cookie		Senior Center Closed	Senior Center Closed
27	28	29	30	
	Butternut Squash Soup Chicken Salad on a bed of Lettuce Pasta Salad Beet Salad Vanilla Pudding w/ Berries		Roasted Cauliflower Turkey Salad on a Roll Tossed Salad Fruit Cocktail	