

Canoe Brook Café

September

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
For reservation Please call Maureen (203)315-0685 By 12:00 p.m. the day prior				Spinach Quiche Zucchini Stewed Tomato Fruit Cocktail
4	5	6	7	8
Labor Day Center Closed	Corn Chowder Chef Salad Peaches	BBQ Chicken Macaroni Salad Coleslaw Pear Crisp	Happy Birthday Salisbury Steak w/ Gravy Mashed Potato Peas & Carrots Brownie	Crab Cakes Rice Pilaf Zucchini & Tomato Fruit Cocktail
11	12	13	14	15
Sweet & Sour Pork Fried Rice Oriental Blend Veg Pineapple	Chicken Parmesan w/ Penne Pasta Tossed Salad Cookie	Vegetable Barley Soup Fish Sweet Potato Green Beans Mandarin Oranges	Pot Roast w/ Gravy Baked Potato Vegetable Fresh Fruit	Spinach Grandioli Cauliflower Carrots Chocolate Pudding
18	19	20	21	22
Baked Chicken Sweet Potato Succotash Fresh Fruit	Stuffed Peppers Casserole Rice Mixed Vegetables Vanilla Pudding	Linguini w/ Clam Sauce Tossed Salad Pie	Turkey w/ Gravy Stuffing Acorn Squash Fruit Cocktail	Tomato Basil Soup Grilled Cheese Green Beans Fresh Fruit
25	26	27	28	29
Steak & Peppers Steak Fries Veggies Coffee Cake	Fish Rice & Beans Bean Blend Pineapple	Pork w/ Gravy Mashed Potato Broccoli & Cauliflower Applesauce	Butternut Squash & Apple Soup Grilled Chicken Noodles Fresh Fruit	Eggplant Rollatini Fresh Zucchini Tossed Salad Fruited Jello

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Choice menu

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Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6	7	8
Labor Day Center Closed	Corn Chowder Turkey, Ham & Cheese on a Roll Tossed Salad Peaches		Happy Birthday Cauliflower Soup Roast Beef & Cheese on a Roll Brownie	
11	12	13	14	15
	Lentil Soup Turkey, Ham & Cheese on a Roll Tomato, Cucumber Salad Cookie		Vegetable Soup Chicken Salad on a bed of lettuce Pasta Salad Beet Salad Fresh Fruit	
18	19	20	21	22
	Vegetable Orzo Soup Egg Salad Sandwich Coleslaw Vanilla Pudding		Cream of Carrot Soup Chef Salad Fruit Cocktail	
25	26	27	28	29
	Italian Wedding Soup Seafood Salad on a Roll Carrot Raisin Salad Tomato & Cucumber Salad Pineapple		Butternut Squash & Apple Soup Turkey & Cheese Wrap Potato Salad Fresh Fruit	