

# Canoe Brook Café

## October

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>	<b>5</b>
Pork Ragout Pasta Carrots Fresh Fruit	Teriyaki Chicken Fried Rice Green Beans Pineapple	Cheeseburger Baked Beans Fiesta Corn Fresh Fruit	Chicken a la Santa Maria Shells Vegetable Blend Italian Ice or Cake	Stuffed Shells Italian Blend Veg. Coffee Cake
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Closed</b> <b>Columbus Day</b>	Chicken Parmesan w/ Pasta Broccoli Fruit Cocktail	Beef Stew Cauliflower Squash Marble Cake	Turkey w/ Gravy Stuffing Fresh Zucchini Peaches	Squash & Apple Soup Spinach Quiche Broiled Tomato Roasted Potato Fresh Fruit
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Bruchetta Chicken Pasta Spinach Pound Cake w/ Berries	Roasted Pork w/ Gravy Mashed Potato Peas & Onions Applesauce	Sausage & Peppers Pasta Salad Green Beans Tropical Fruit	Spaghetti & Meatballs California Blend Veg. Fresh Fruit	Cream of Carrot Soup Tuna Salad Tossed Salad Beet Salad Pears
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Beef & Broccoli Brown Rice w/ Pineapple Oriental Blend Veg. Mandarin Oranges	Italian Wedding Soup Meatloaf w/ Gravy Mashed Potato Mixed Vegetables Fresh Fruit	Pulled Pork Sweet Potato Tots Broccoli Slaw Applesauce	Chicken Pot Pie Baked Acorn Squash Scandinavian Blend Vegetable Fruit Pie	Grandioli w/ Sauce Cannellini Beans Zucchini Fresh Fruit
<b>29</b>	<b>30</b>	<b>31</b>		
Hot Open Turkey Sandwich Steak Fries Cranberry Sauce Bean Blend Apricots	<b>Happy Birthday</b> Potato Crusted Fish Patty Mac & Cheese Zucchini & Tomato Brownie	<b>Halloween Special</b> Spaghetti & Meatballs Green Beans Candy Corn Brownie		<b>For reservation</b> Please call Maureen (203)315-0685 By 12:00 p.m. the day prior

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>
	Butternut Squash Soup Turkey Salad Sandwich Tossed Salad Pineapple		Chicken a la Santa Maria Shells Vegetable blend Italian Ice or Cake	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	Vegetable Orzo Soup Egg Salad Sandwich Coleslaw Fruit Cocktail		Chicken Rice Soup Ham & Swiss Sandwich Salad Coleslaw Peaches	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	Tomato Basil Soup Chef Salad Tomato & Cucumber Salad Applesauce		Cream of Zucchini Soup Chicken Salad on a bed of Lettuce Pasta Salad Beet Salad Fresh Fruit	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	Italian Wedding Soup Tuna Salad Sandwich Carrot Raisin Salad Tomato & Cucumber Salad Fresh Fruit		Lentil Soup Turkey, Ham & Provolone Cheese Sub Salad Tomato & Cucumber Salad Fruit Pie	
<b>29</b>	<b>30</b>	<b>31</b>		
	<b>Happy Birthday</b> Cauliflower Soup Roast Beef Sandwich Potato Salad Brownie			