

Canoe Brook Café

July

Meals served daily at 11:45 a.m.

Nutrition for mind, body and spirit

Congregate menu

Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Tuna Pasta Salad Tossed Salad Pears	Chicken Tenders Sweet Potato Fries Corn on Cob Melon	Closed 	4th of July Celebration BBQ Beef Ribs Baked Beans Coleslaw Strawberry Shortcake	Eggplant Rolatini Penne Pasta Cauliflower Fresh Fruit
9	10	11	12	13
BBQ Chicken Baked Beans Coleslaw Watermelon	Italian Wedding Soup Seafood Salad on Bed Of Lettuce Beet Salad Fresh Fruit	Turkey w/ Gravy Stuffing Vegetable Blend Baked Apple	Cheeseburger w/ Lettuce & Tomato Potato Wedges Pickle Peaches	Spinach Quiche Tossed Salad Ice Cream Cup
16	17	18	19	20
Sweet & Sour Pork Brown Rice Broccoli & Carrots Pineapple	Baked Ziti Roasted Vegetables Caesar Salad Chocolate Chip Cookie	Pot Roast w/ Gravy Mashed Potato Peas & Onions Fresh Fruit	Chicken Picatta Sweet Potato Green Beans Fresh Fruit	Potato Crunch Fish Mac & Cheese Mixed Vegetables Fruited Jello
23	24	25	26	27
Spaghetti & Meatballs Tossed Salad Italian Ice	Baked Chicken Rice Pilaf Vegetable Blend Fresh Fruit	Lentil Soup Chef Salad Peaches	Crab Cake Roasted Potato Zucchini Pineapple	Stuffed Shells Roasted Squash Spinach Salad Melon
30	31			
Chicken, Broccoli & Cheese Potato Wedges Carrots Fresh Fruit	Happy Birthday Taco Salad Tortilla Chips Marble Cake			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
2	3	4	5	6
	Cauliflower Soup Roast Beef Sandwich Potato Salad Melon	Closed 	4th of July Celebration	
9	10	11	12	13
	Italian Wedding Soup Turkey, Ham & Cheese Sub Tomato & Cucumber Salad Fruit		Cream of Zucchini Soup Chicken Salad on Bed Of Lettuce Pasta Salad Beets Salad Peaches	
16	17	18	19	20
	Vegetable Orzo Soup Egg Salad Sandwich Coleslaw Chocolate Chip Cookie		Tomato Basil Soup Chef Salad Tomato & Cucumber Salad Fruited Jello	
23	24	25	26	27
	Butternut Squash Soup Seafood Salad on Roll Carrot Raisin Salad Tomato & Cucumber Salad Fresh Fruit		Vegetable Soup Turkey & Cheese Wrap Tomato Cucumber Salad Potato Salad Pineapple	
30	31			
	Happy Birthday Lentil Soup Chicken Salad on Bed Of Lettuce Pasta Salad Beets Salad Marble Cake			