

Canoe Brook Café



August 2024 Menu

Nutrition for mind, body and spirit

\$3 Suggested donation

\$3

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p><u>Reservations</u> Call Maureen 203-315-0685 Monday - Friday By noon-one day in advance</p>			Taco Salad Beef,Cheddar Black Bean/Corn Tortilla Chips Cookie	Chicken,Alfredo Penne Pasta Carrots Italian Bread Applesauce
5	6	7	8	9
Hamburger Patty American Cheese Crinkle Fries Carrots Rye Bread Fruit	Smothered Chicken Thigh Rice Broccoli Rye Bread Pound Cake	Beef Spaghetti Casserole Cauliflower Salad Italian Bread Fruit	Split Pea Soup Chef Salad Dinner Roll Mandarin Oranges	Cheese Omelet Tater Tots Stewed Tomatoes Wheat Bread Fruit
12	13	14	15	16
Honey Chicken Brown Rice Carrots Rye Bread Fruit	Crusted Pollock Roasted Potatoes Cucumber Salad White Bread Diced Peaches	Salisbury Steak Vegetable Gravy Rice Pilaf Broccoli Dinner Roll Diced Pears	BBQ Pork Rib Patty Corn O'Brian Mixed Greens Hamb Bun Fruit	Mushroom Soup Chicken Scallopini Garlic Parm Orzo Italian Bread Fruit
19	20	21	22	23
Beef/Chicken Meatballs Marinara Sauce Penne Pasta Green Peas Italian Bread Fruit	Chicken Stir Fry Brown Rice Green Beans Rye Bread Applesauce	Navy Bean Soup Beef Philly Cheese Steak Roasted Potatoes Hot Dog Bun Fruit	Bourbon Chicken Thigh Cheese Potato Broccoli Dinner Roll Cookie	Turkey Noodle Casserole Corn Cabbage Roll Pineapple
26	27	28	29	30
Country Fried Steak with Gravy Whipped Potato Broccoli White Bread Fruit	Cheese Ravioli w/Pesto Cream Salad Cauliflower Dinner Roll Apple sauce	Bbq Pork Scalloped Potatoes Mixed Greens Wheat Bread Brownie	Hamburger Amer, Cheese Let,Tom,Onion Potatoe Tots Wheat Bun Oatmeal Cookie	General Tso's Chicken Brown Rice Lima Beans White Bread Diced Peaches