

# Canoe Brook Café

## January



Meals served daily at 12 noon

Nutrition for mind, body and spirit -Suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
	Call Maureen 24 Hours in advance to reserve lunch 203-315-0685	<b>New Year's Day</b>	Macaroni & Cheese Pinto Beans Mixed Greens Whole wheat roll Diced peaches	Beef Taco Meat Spanish Rice Fiesta Veg Flour Tortilla Pineapple
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Swedish Meatballs Bowtie Noodles Brussel Sprouts White Bread Fruit	Sweet/sour Breaded Chicken Confetti Rice Broccoli Wheat Bread Pineapple	BBQ Pork Potato Soup Cabbage and Carrots Dinner Roll Chocolate Chip Cookie	Tomato Basil Chicken Thigh Garlic Parm Orzo Tossed Salad Italian Bread Fruit	Hamburger Swiss Cheese Crinkle Fries Carrots Hamburger Bun Diced Pears
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Chicken Parmesan Penne Noodles Broccoli Italian Bread Pineapple	Honey Mustard Pork Baked Beans Coleslaw White Bread Cookie	Philly Cheese Steak Oven Roasted Potatoes Carrots Hot Dog Bun	BBQ Chicken Quarter Cheesy Whipped Potatoes Corn, Tomatoes & Wheat Bread Oatmeal Cookie	Chicken Fajitas Barley Soup Brown Rice Fiesta Vegetables Flour Tortilla Fruit
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Martin Luther King Jr. Day</b>	Meatballs/Sauce Bowtie Noodles Tossed Salad Wheat Bread Fruit	Chicken Stir Fry Brown Rice Carrots Dinner Roll Oatmeal Creame Cookie	Hamburger Patty Cream Broccoli Soup American Cheese Crinkle Cut Fries Hamburger Bun	Macaroni&Cheese Baked Beans Mixed Greens Italian Bread Mandarin Orange
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Swiss Steak Whipped Potaoe Capri Vegetables Rye Bread Diced Peaches	Cheese Baked Ziti Carrots Spinach Italian Bread Pineapple Tidbits	Chicken Tenders Navy Bean Soup Corn O'Brien Dinner Roll Choc Chip Cookie	Beef Taco Meat Spanish Rice Fiesta Veg Flour Tortilla Fruit	Potato Crusted Pollock Tater Tots Cabbage Hamburger Bun Applesauce