

# Canoe Brook Café



## July 2024 Menu

*Nutrition for mind, body and spirit*

*Suggested donation*

\$3

	<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>4</b>	<b>5</b>	
	Hamburg Patty American Cheese Crinkle Fries Carrots Bun Fruit	Smothered Chicken Thigh Rice Broccoli Rye Bread Pound Cake	Hot Dog/Chili Wheat Bun Carrots Oatmeal Cookie	<b>CLOSED</b> <b>Happy Independence Day</b>	Bbq Chicken Mac n Cheese Mixed Greens White Bread Apple Sauce	
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
	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	Chicken with Cordon Sauce Parslied Rice Green Beans White Bread Applesauce	Chicken Scallop Mushroom Soup Garlic Parm Orzo Italian Bread Fruit	
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	
	Beef/Chicken Meatballs Marinara Sauce Penne Pasta Green Peas Italian Bread Fruit	Chicken Stir fry Brown Rice Green Beans Rye Bread Apple Sauce	Philly Cheese Steak Navy Bean Soup Roasted Potatoes Hot Dog Bun Fruit	Bourbon Chicken Thigh Cheese Whipped Potato Broccoli/ Roll Cookie	Sweet/Sour Pork Veg Lo Mein Asian Vegetables Wheat Bread Mandarin Orange	
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
	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	Greek Chicken Salad with Mixed Greens Garbanzo Beans Italian Bread Fruit	Salisbury Steak Vegetable Gravy Corn Chowder Whipped Potato Roll Diced Pears	
	<b>29</b>	<b>30</b>	<b>31</b>			
	King Ranch Chicken Leg qtr Cheese Potatoes Spinach White Bread Fruit	Sesame Beef Brown Rice Asian Vegetables Dinner Roll Mandarin Orange	Spinach Quiche Cream o Broccoli Roasted Potatoes Wheat Bread Cinnamon Apple Sauce		<b>Reservations</b> Call Maureen 203-315-0685 Monday – Friday By noon, at least one day in advance	