

# Canoe Brook Café

## September Menu

*Nutrition for mind, body and spirit*  
\$3

*Suggested donation*

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Labor Day</b>  <b>Closed</b>	Sesame Beef Brown Rice Asian Vegetables Dinner Roll Mandarin Orange	Spinach Quiche Cream Broccoli Roasted Potatoes Wheat Bread Applesauce	Swiss Steak Red Potatoes Green Beans Dinner Roll Pears	Diced Chicken Alfredo Sauce Penne Pasta Italian Bread Applesauce
9	10	11	12	13
Cheeseburger Crinkle Fries Carrots Hamburger Bun Fruit	Chicken Thigh Brown Rice Broccoli Rye Bread Pound Cake	Beef Spaghetti Cauliflower Tossed Salad Italian Bread Fruit	Chef Salad Pea Soup Dinner Roll Mandarin Oranges	Beef/Chic Swedish Meatballs/w Pasta Cabbage
16	17	18	19	20
Honey Chicken Thigh Brown Rice Carrots Fruit	Potato Crusted Pollock Oven Potatoes Cucumber Salad Peaches	Salisbury steak Vegetable Gravy Rice Pilaf Broccoli Dinner Roll	Mustard Pork Whip Potatoes Brussel Sprouts Wheat Bread Oatmeal Cookie	Chicken Fajitas Cilantro Rice Black Beans Flour Tortilla Applesauce
23	24	25	26	27
Beef/Chicken Meatballs w Sauce/Pasta Green Peas Italian Bread	Chicken Stirfry Brown Rice Green Beans Rye Bread Applesauce	Beef Philly Cheese Steak Navy Bean Soup Oven Potatoes Fruit	Bourbon Chicken Thigh Cheesy Potatoe Broccoli Dinner Roll	Mac&Cheese Pinto Beans Collard Greens White Bread Seasonal Fruit
30				
Country Fried Steak w Gravy Whip Potatoes Broccoli White Bread Fruit			<b>Reservations</b> Call Maureen 203-315-0685 Monday - Friday By noon, at least one day in advance	