CANOE BROOK CAFÉ
JULY 2014

Nutrition for Mind, Body and Spirit *Suggested Donation $3*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	**2**	**3**	**4**
Please Make Meal Reservations By 12 noon 1 Day Prior with Maureen in the kitchen or Call (203) 315-0685	3 oz Philly Cheesesteak Grinder w/¼ cup Pepper & Onions ½ cup Steak Fries ½ cup Green Beans ½ c Mandarin Oranges 8 oz Low Fat Milk	1 cup Ziti Primavera with Chicken 1 cup Spinach Salad w/Mushrooms and Vinaigrette Dressing 1 Italian Bread 1 tsp Margarine 4 oz Apple Juice ½ cup Sherbet 8 oz Low Fat Milk	**4TH OF JULY CELEBRATION** Lemonade BBQ Beef Ribs Baked Beans Coleslaw Wheat Roll 1 tsp Margarine Strawberry Shortcake	**INDEPENDENCE DAY** **CENTER CLOSED** **NO LUNCH PROGRAM**
7	**8**	**9**	**10**	**11**
3 oz Tilapia with Lemon and Dill ½ cup Oven Roasted Potato ½ cup Spinach 1 slice Rye Bread 1 tsp Margarine ½ cup Pineapple 8 oz Low Fat Milk	¾ cup Beef & Broccoli ½ cup Brown Rice ½ cup Carrots 1 sl. Marble Rye Bread 1 Fresh Fruit 8 oz Low Fat Milk	½ cup Barilla Spaghetti 3 oz Chicken Meatballs in Marinara 1 cup Tossed Salad with Shredded Carrot and Vinaigrette Dressing 1 slice Garlic Bread 4 oz Cranberry Juice ½ cup Italian Ice 8 oz Low Fat Milk	3oz Turkey/LS Gravy ½ cup Baked Sweet Potato ½ cup Green Beans 1 oz Cranberry Sauce 1 slice Wheat Bread 1 tsp Margarine ½ cup Peaches 8 oz Low Fat Milk	¾ cup Vegetarian Veg. Soup w/2 LS Crackers 1/6 Sl. Spinach Quiche ½ cup Three Bean Salad 1 Wheat Dinner Roll 1 tsp Margarine 4 oz Grape Juice 1 Chocolate Chip Cookie 8 oz Low Fat Milk
14	**15**	**16**	**17**	**18**
BASTILLE DAY Chicken Cordon Bleu Rice Pilaf French Green Beans Croissant Fruit & Pudding Parfait W/Topping	3 oz Spinach Ravioli w/Marinara Sauce 1 Tb Parmesan Cheese 1c Tossed Salad w/Cuc. 2 Tbsp Italian Dressing 1 slice Italian Bread 1 tsp Margarine ½ cup Fruited Jell-o 8 oz Low Fat Milk	¾ cup Chicken Gumbo Soup 2 LS Crackers 3 oz Crab Cake Tartar Sauce ½ c Sweet Potato Fries ½ cup Coleslaw 1 sl Pumpernickel Bread ½ cup Pears 8 oz Low Fat Milk	**HAPPY BIRTHDAY!** 3oz Pot Roast/ls Gravy ½ cup Mashed Potato ½ cup Fresh Zucchini and Yellow Squash 1 Wheat Dinner Roll 1 tsp Margarine 4 oz Cranberry Juice 1 slice Carrot Cake 8 oz Low Fat Milk	Cold Cut Grinder W/1oz each Turkey, Ham & Cheese, ¼ cup Shredded Lettuce and Tomato on Grinder Roll 1 pkt Mustard ½ c Carrot/Raisin Salad ½ cup Fruit Cocktail 8 oz Low Fat Milk
21	**22**	**23**	**24**	**25**
3 oz Hamburger on Wheat Bun Ketchup ½ cup Baked Beans ½ cup Carrots 3 oz Pineapple Juice ½ cup Ice Cream Cup 8 oz Low Fat Milk	3 oz BBQ Chicken ½ cup Macaroni and Cheese ½ cup Green Beans 1 Wheat Dinner Roll 1 tsp Margarine 1 Fresh Fruit 8 oz Low Fat Milk	3 oz Sweet & Sour pork ½ cup Brown Rice ½ cup Oriental Blend 1 slice Enriched Bread 1 tsp Margarine ½ c Mandarin Oranges 8 oz Low Fat Milk	¾ cup Shrimp Bisque 2 LS Crackers 2 egg Veg. Omelet ½ cup Home Fries 1c Tossed Salad, Tom. & French Dressing 1 slice Dinner Roll 1 tsp Margarine 1 Melon Slice 8 oz Low Fat Milk	**NO LUNCH** **Kitchen Closed for Maintenance (New Floor)**
28	**29**	**30**	**31**	
¾ cup Italian Wedding Soup with 2 LS Crackers 3 oz Chicken Salad Sandwich /Croissant ½ cup Cucumber and Tomato Salad ½ cup Apricots 8 oz Low Fat Milk	3 oz Turkey a la King ½ cup Rice ½ cup Broccoli 1 Biscuit 1 tsp Margarine 4 oz Cranapple Juice 1 Brownie 8 oz Low Fat Milk	3 oz Meatloaf/LS gravy ½ cup Mashed potato ½ c Scandinavian Blend 1 Pumpernickel Din.Roll 1 tsp Margarine 4 oz Orange Juice ½ cup Lemon Pudding 8 oz Low Fat Milk	1 cup Macaroni and Cheese Salmon ½ cup Spring Blend 1 slice Wheat Bread 1 tsp Margarine Fresh Fruit 8 oz Low Fat Milk	