

BRANFORD PARKS, RECREATION AND SENIOR SERVICES
SENIOR CENTER&CANOE BROOK CAFE MENU

OCTOBER 2025

| | | WED | THU | FRI |
|--|---|---|---|--|
| *NOTES: There will be a limited amount of take home meals available, see the staff! | | 1 Breakfast Bread Pudding Lunch Twin Hot Dog & Tater Tots | 2 Breakfast Frittata Lunch Chicken Piccata Mashed Potato & Veggies | 3 Breakfast Build your own Oatmeal Lunch BLT with soup |
| | | WED | THU | FRI |
| | | 8 Breakfast Biscuits & Gravy Lunch Stuffed Peppers | 9 Breakfast Waffles & Sausage Lunch Chicken Florentine Potatoes & Veggie | 10 Breakfast Build your own Omelet Lunch Eggplant Parm |
| | | WED | THU | FRI |
| | | 15 Breakfast Muffins & Parfait Lunch Meatloaf | 16 Breakfast Smoked Salmon with Eggs Lunch Chicken Parmesan | 17 Breakfast French Toast & Sausage Lunch Shrimp Scampi |
| MON | TUE | WED | THU | FRI |
| 6 Breakfast Scrambled Eggs & Sausage Lunch Tortellini w/Side Salad | 7 Breakfast Eggs Benedict Lunch Build your own Taco | 8 Breakfast Biscuits & Gravy Lunch Stuffed Peppers | 9 Breakfast Waffles & Sausage Lunch Chicken Florentine Potatoes & Veggie | 10 Breakfast Build your own Omelet Lunch Eggplant Parm |
| MON | TUE | WED | THU | FRI |
| 13 CLOSED | 14 Breakfast Cream of Wheat Lunch Crusted Tilapia Orzo Salad | 15 Breakfast Muffins & Parfait Lunch Meatloaf | 16 Breakfast Smoked Salmon with Eggs Lunch Chicken Parmesan | 17 Breakfast French Toast & Sausage Lunch Shrimp Scampi |
| MON | TUE | WED | THU | FRI |
| 20 Breakfast Frittata Lunch Chicken Caesar Salad | 21 Breakfast Croque Monsieur Lunch Chili | 22 Breakfast Pancakes Lunch American Chop Suey | 23 Breakfast Huevos Ranchero Lunch Salmon with Rice & Veggies | 24 Breakfast Eggs & Hash Lunch Stuffed Roasted Pork Loin |
| MON | TUE | WED | THU | FRI |
| 27 Breakfast Pancakes & Sausage Lunch Shepards Pie | 28 Breakfast Steak & Eggs Lunch Eggplant Lasagna | 29 Breakfast French Toast Lunch Pot Pie | 30 Breakfast Souffle Lunch Pulled Pork | 31 Breakfast Quiche Lunch Risotto |

Breakfast:\$3.00

Lunch:\$5.00

We are happy to offer breakfast and lunch services in the Canoe Brook Cafe.

Breakfast is served

Daily from

8:30AM-10:30AM

and

Lunch is served from

12:00PM-1:00PM

Here is how to register:

1.You must **Pre-register** for meals by 12PM the day before! Please Call

the office at

203-481-3429

2.Payment can be made via cash, check, or credit card.

3.If you need assistance, please ask the staff.

***Dessert** will be served with lunch!

Bon Appetit!!!
The menu is subject to change.