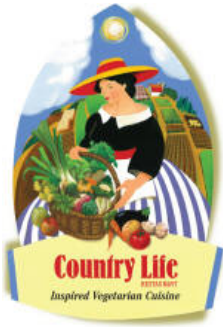


# Welcome to Country Life Restaurant!

We are located in lovely downtown Keene since 1987.

[www.CountryLifeRestaurant.com](http://www.CountryLifeRestaurant.com)

15 Roxbury Street, Keene, NH 603-357-3975



No Animal Products



Let Food Be Your Medicine

## Luncheon Menu March 2012



Sun	Mon	Tues	Wed	Thu	Fri	Sat
<p>Enjoy the following items daily</p> <p>2 Soups</p> <p>24 Piece Salad Bar</p> <p>Selection of 2 Fresh Veggies</p> <p>Herbal Teas &amp; Cold Drinks</p> <p>Store items</p> <p>Desserts. Cookies. Carob Rice Cakes. Carob Almonds</p>				<p>1 Chick Pea Curry</p> <p><u>Soup</u> Lentil Barley Stew</p>	<p>2 Boston Baked Beans w/cornbread</p> <p><u>Soup</u> Tofu Potato Soup</p>	<p>3 Closed</p>
<p>4 Brunch</p>	<p>5 Broccoli Almandine w/mushroom gravy</p> <p><u>Soup</u> Crème of Barley Soup</p>	<p>6 Potato Bar w/toppings</p> <p><u>Soup</u> French Onion Soup</p>	<p>7 Tostadas</p> <p><u>Soup</u> Tofu Gumbo Soup</p>	<p>8 Fettuccine Alfredo</p> <p><u>Soup</u> Tomato Soup</p>	<p>9 Vegetable Sushi w/ brown rice</p> <p><u>Soup</u> Italian Minestrone</p>	<p>10 Closed</p>
<p>11 Brunch</p>	<p>12 Marconi &amp; Cheese</p> <p><u>Soup</u> Colavy Soup</p>	<p>13 Tofu Young Oriental Vegetables w/fried rice</p> <p><u>Soup</u> Sweet &amp; Sour Soup</p>	<p>14 Stuffed Portabella</p> <p><u>Soup</u> Tofu Noodle Soup</p>	<p>15 Harvest Nut Loaf</p> <p><u>Soup</u> Crème of Asparagus</p>	<p>16 Corn Tamale's</p> <p><u>Soup</u> Mexican Stew</p>	<p>17 Closed</p>
<p>18 Brunch</p>	<p>19 Gluten Steak</p> <p><u>Soup</u> Winter Warmer</p>	<p>20 Pad Thai</p> <p><u>Soup</u> Cabbage Soup</p>	<p>21 Armenian Lentil Pilaf</p> <p><u>Soup</u> Russian Potato Soup</p>	<p>22 Bean Stroganoff</p> <p><u>Soup</u> French Vegetable</p>	<p>23 Carrot Rice Loaf</p> <p><u>Soup</u> Split Pea Soup</p>	<p>24 Closed</p>
<p>25 Brunch</p>	<p>26 Chick Pea A-La-King</p> <p><u>Soup</u> Scotch Broth Soup</p>	<p>27 Curry Style Vegetables</p> <p><u>Soup</u> Crème of Broccoli</p>	<p>28 Sandwich Bar w/fixings</p> <p><u>Soup</u> Tofu Spinach</p>	<p>29 Scalloped Potato's</p> <p><u>Soup</u> Vegetable Soup</p>	<p>30 American Chop Suey</p> <p><u>Soup</u> English Pea Soup</p>	<p>31 Closed</p>

### Health Tip of the Month

A number of studies have shown that regular intake of soy protein, such as tofu, can help lower LDL ("bad") cholesterol without lowering HDL ("good") cholesterol, which leads to reduced risk of heart disease.

Bakery & Store:

Mon-Fri 9:00 - 5:00

Lunch Buffet:

Mon - Fri 11:30 - 3:00

Brunch: Sunday's 10:00 - 3:00