



MENU
THE BEET CAFE



August 2023 Hot Lunch Menu

31 Turkey Salad Wrap / Kale Salad / Seasonal Veg / Baked Good Vegetarian : Chickpea Salad Wrap	1 Chicken & Cheese Quesadillas / Rice / Spinach Salad / Baked Good Vegetarian: Bean Quesadillas	2 Hot Turkey Sandwich / Bun / Caesar Salad / Baked Good Vegetarian : Veggie Patty	3 BBQ Chicken / Potato Salad / Coleslaw / Fresh Fruit Vegetarian : BBQ Tofu	4 Butternut Squash Macaroni and Cheese / Seasonal Veg / Fruit / Baked Good
7 OFF CIVIC HOLIDAY	8 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Fresh Fruit Vegetarian : Beet Burger	9 Chicken Shawarma / Pita / Greek Salad / Baked Good Vegetarian : Falafels	10 Chicken Caesar Wrap / Corn on the cob/ Fresh Fruit/ Baked treat Vegetarian : Soy 'Chicken'	11 Chicken Parmesan / Pasta / Seasonal Veg / Baked Good Veg : Eggplant Parmesan
14 Turkey Salad Wrap / Kale Salad / Seasonal Veg / Baked Good Vegetarian : Chickpea Salad Wrap	15 Chicken & Cheese Quesadillas / Rice / Spinach Salad / Seasonal Fruit Vegetarian: Bean Quesadillas	16 Hot Turkey Sandwich / Bun / Caesar Salad / Baked Good Vegetarian : Veggie Patty	17 BBQ Chicken / Potato Salad / Coleslaw / Fresh Fruit Vegetarian : BBQ Tofu	18 Butternut Squash Macaroni and Cheese / Seasonal Veg / Fruit / Baked Good
21 Beef Tacos / Tortillas / Rice / Corn Salad / Baked Treat	22 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Fresh Fruit	23 Chicken Shawarma / Pita / Greek Salad / Baked Good	24 Chicken Caesar Wrap / Corn on the cob/ Fresh Fruit/ Baked treat	25 Chicken Parmesan / Pasta / Seasonal Veg / Baked Good

Vegetarian : Black Bean Taco	Vegetarian : Beet Burger	Vegetarian : Falafels	Vegetarian : Soy 'Chicken'	Veg : Eggplant Parmesan
28 Turkey Salad Wrap / Kale Salad / Seasonal Veg / Baked Good Vegetarian : Chickpea Salad Wrap	29 Chicken & Cheese Quesadillas / Rice / Spinach Salad / Seasonal Fruit Vegetarian: Bean Quesadillas	30 Hot Turkey Sandwich / Bun / Caesar Salad / Baked Good Vegetarian : Veggie Patty	31 BBQ Chicken / Potato Salad / Coleslaw / Fresh Fruit Vegetarian : BBQ Tofu	1 Butternut Squash Macaroni and Cheese / Seasonal Veg / Fruit / Baked Good