



# MENU

THE BEET CAFE



February 2023

<p>6 Three Bean Chili / Cornbread / Seasonal Veg / Chocolate Chip Cookies</p>	<p>7 Beef Taco Meat / Tortilla / Rice / Iceberg Salad / Fruit  Veg : Black Bean Taco</p>	<p>8 Turkey Meatballs / Pasta Salad / Seasonal Veg / Fruit  Veg : Lentil Meatballs</p>	<p>9 Lemon Chicken / Roast Sweet Potato / Kale Caesar / Banana Bread  Veg : Lemon Chickpeas</p>	<p>10 Crazy Crispy Coconut Crusted Cod / Fries / Coleslaw / Fruit  Veg : Coconut Tofu</p>
<p>13 Cheese &amp; Bean Quesadilla / Rice / Corn Salad / Macaroon</p>	<p>14 Beef Bolognese / Egg Noodles / Green Salad / Fruit  Veg : Tofu Bolognese</p>	<p>15 Hot Turkey Sandwiches / Bun / Seasonal Veg / Fruit  Veg : Mushroom Patty</p>	<p>16 BBQ Chicken / Seasonal Veg / Potato Salad / Zucchini Bread  Veg : BBQ Tofu</p>	<p>17 Tuna Casserole / Macaroni / Kale Slaw / Oatmeal Cookies  Veg : White Bean Casserole</p>
<p>20 <b>FAMILY DAY</b></p>	<p>21 Turkey Breakfast Sausage / Fruit Salad / Pancakes  Veg : Veggie Sausage Patty</p>	<p>22 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Fruit  Veg : Beet Burger</p>	<p>23 Chicken Ranch Wraps / Mash/ Seasonal Veg / Fruit  Veg : Vegan "Chicken" Ranch Wrap</p>	<p>24 Crispy Fish / Fries / Coleslaw / Fruit Crisp  Veg : Crispy Tofu</p>
<p>27 Pizza Pockets / Roasted Veg / Kale Caesar / Carrot Cake</p>	<p>28 Turkey "Drumsticks" / Mashed Potato / Carrots / Fruit  Veg : Lentil Drumsticks</p>	<p>March 1 Beef Stroganoff / Egg Noodles / Kale Slaw / Pumpkin Spiced Muffin  Veg : Mushroom Stroganoff</p>	<p>March 2 Honey Mustard Chicken / Rice / Greek Salad / Fruit  Veg : Honey Mustard Tofu</p>	<p>March 3 Chicken Fajitas / Tortilla / Corn / Fruit Muffins  Veg : Black Bean Fajitas</p>