



**MENU**  
THE BEET CAFE



July 2023 Hot Lunch Menu

<p>3</p> <p>CANADA DAY</p>	<p>4</p> <p>Chicken &amp; Cheese Quesadillas / Rice / Iceberg Salad / Baked Good</p> <p>Vegetarian: Bean Quesadillas</p>	<p>5</p> <p>Hot Turkey Sandwich / Bun / Caesar Salad / Baked Good</p> <p>Vegetarian : Veggie Patty</p>	<p>6</p> <p>BBQ Chicken / Potato Salad / Coleslaw / Fresh Fruit</p> <p>Vegetarian : BBQ Tofu</p>	<p>7</p> <p>Butternut Squash Macaroni and Cheese / Seasonal Veg / Fruit / Baked Good</p>
<p>10</p> <p>Beef Tacos / Tortillas / Rice / Corn Salad / Baked Treat</p> <p>Vegetarian : Black Bean Taco</p>	<p>11</p> <p>Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Fresh Fruit</p> <p>Vegetarian : Beet Burger</p>	<p>12</p> <p>Pizza Pockets / Seasonal Veg / Greek Salad / Baked Good</p>	<p>13</p> <p>Chicken Caesar Wrap / Carrot Salad / Seasonal Veg / Fresh Fruit</p> <p>Vegetarian : Soy 'Chicken'</p>	<p>14</p> <p>Chicken Parmesan / Pasta Salad / Seasonal Veg / Baked Good</p> <p>Veg : Eggplant Parmesan</p>
<p>17</p> <p>Turkey Salad Wrap / Kale Salad / Seasonal Veg / Baked Good</p> <p>Vegetarian : Chickpea Salad Wrap</p>	<p>18</p> <p>Chicken &amp; Cheese Quesadillas / Rice / Iceberg Salad / Seasonal Fruit</p> <p>Vegetarian: Bean Quesadillas</p>	<p>19</p> <p>Hot Turkey Sandwich / Bun / Caesar Salad / Baked Good</p> <p>Vegetarian : Veggie Patty</p>	<p>20</p> <p>BBQ Chicken / Potato Salad / Coleslaw / Fresh Fruit</p> <p>Vegetarian : BBQ Tofu</p>	<p>21</p> <p>Butternut Squash Macaroni and Cheese / Seasonal Veg / Fruit / Baked Good</p>
<p>24</p> <p>Beef Tacos / Tortillas / Rice / Corn Salad / Baked Treat</p> <p>Vegetarian : Black Bean Taco</p>	<p>25</p> <p>Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Fresh Fruit</p> <p>Vegetarian : Beet Burger</p>	<p>26</p> <p>Pizza Pockets / Seasonal Veg / Greek Salad / Baked Good</p>	<p>27</p> <p>Chicken Caesar Wrap / Carrot Salad / Seasonal Veg / Fresh Fruit</p> <p>Vegetarian : Soy 'Chicken'</p>	<p>28</p> <p>Chicken Parmesan / Pasta Salad / Seasonal Veg / Baked Good</p> <p>Veg : Eggplant Parmesan</p>

