



**MENU**  
THE BEET CAFE



June 2023 Menu

29 Three Bean Chili / Cornbread / Seasonal Veg / Macaroons	30 Beef Taco Meat / Tortilla / Rice / Iceberg Salad / Fruit  Veg : Black Bean Taco	31 Turkey Meatballs / Pasta Salad / Seasonal Veg / Fruit  Veg : Lentil Meatballs	1 Lemon Chicken / Roast Sweet Potato / Kale Caesar / Banana Bread  Veg : Lemon Chickpeas	2 Crazy Crispy Coconut Crusted Cod / Fries / Coleslaw / Fruit  Veg : Coconut Tofu
5 Cheese & Bean Quesadilla / Rice / Corn Salad / Macaroon	6 Beef Bolognese / Egg Noodles / Green Salad / Fruit  Veg : Tofu Bolognese	7 Hot Turkey Sandwiches / Bun / Seasonal Veg / Fruit  Veg : Mushroom Patty	8 BBQ Chicken / Seasonal Veg / Potato Salad / Zucchini Bread  Veg : BBQ Tofu	9 Tuna Casserole / Macaroni / Kale Slaw / Oatmeal Cookies  Veg : White Bean Casserole
12 Mushroom Alfredo / Penne / Caesar Salad / Fruit Cheesecake	13 Sweet & Sour Chicken / Stir Fried Veggies / Fried Rice / Pumpkin Cookie  Veg : Sweet & Sour Crispy Tofu	14 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Fruit  Veg : Beet Burger	15 Chicken Ranch Wraps / Mash/ Seasonal Veg / Fruit  Veg : Vegan "Chicken" Ranch Wrap	16 Crispy Fish / Fries / Coleslaw / Fruit Crisp  Veg : Crispy Tofu
19 Pizza Pockets / Roasted Veg / Kale Caesar / Carrot Cake	20 Turkey "Drumsticks" / Mashed Potato / Carrots / Fruit  Veg : Lentil Drumsticks	21 Beef Stroganoff / Egg Noodles / Kale Slaw / Pumpkin Spiced Muffin  Veg : Mushroom Stroganoff	22 Honey Mustard Chicken / Rice / Greek Salad / Fruit  Veg : Honey Mustard Tofu	23 Chicken Fajitas / Tortilla / Corn / Fruit Muffins  Veg : Black Bean Fajitas
26 Butternut Mac & Cheese / Seasonal Veg / Chocolate Chip Cookie	27 Turkey Sausage / Perogies / Green Salad / Fruit  Veg : Veggie "Sausage" Patty	28 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones  Veg : Red Bean Joes	29 Butter Chicken / Naan / Rice / Cucumbers / Fruit  Veg : Butter Tofu	30 Chicken Parmesan / Fusilli / Caesar Salad / Brownies  Veg : Eggplant Parmesan