



MENU

THE BEET CAFE



May 2023 Menu

<p>1 Cheese & Bean Quesadilla / Rice / Corn Salad / Macaroon</p>	<p>2 Beef Bolognese / Egg Noodles / Green Salad / Fruit</p> <p>Veg : Tofu Bolognese</p>	<p>3 Hot Turkey Sandwiches / Bun / Seasonal Veg / Fruit</p> <p>Veg : Mushroom Patty</p>	<p>4 BBQ Chicken / Seasonal Veg / Potato Salad / Zucchini Bread</p> <p>Veg : BBQ Tofu</p>	<p>5 Tuna Casserole / Macaroni / Kale Slaw / Oatmeal Cookies</p> <p>Veg : White Bean Casserole</p>
<p>8 Mushroom Alfredo / Penne / Caesar Salad / Fruit Cheesecake</p>	<p>9 Sweet & Sour Chicken / Stir Fried Veggies / Fried Rice / Pumpkin Cookie</p> <p>Veg : Sweet & Sour Crispy Tofu</p>	<p>10 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Fruit</p> <p>Veg : Beet Burger</p>	<p>11 Chicken Ranch Wraps / Mash/ Seasonal Veg / Fruit</p> <p>Veg : Vegan "Chicken" Ranch Wrap</p>	<p>12 Crispy Fish / Fries / Coleslaw / Fruit Crisp</p> <p>Veg : Crispy Tofu</p>
<p>15 Pizza Pockets / Roasted Veg / Kale Caesar / Carrot Cake</p>	<p>16 Turkey "Drumsticks" / Mashed Potato / Carrots / Fruit</p> <p>Veg : Lentil Drumsticks</p>	<p>17 Beef Stroganoff / Egg Noodles / Kale Slaw / Pumpkin Spiced Muffin</p> <p>Veg : Mushroom Stroganoff</p>	<p>18 Honey Mustard Chicken / Rice / Greek Salad / Fruit</p> <p>Veg : Honey Mustard Tofu</p>	<p>19 Chicken Fajitas / Tortilla / Corn / Fruit Muffins</p> <p>Veg : Black Bean Fajitas</p>
<p>22 Victoria Day</p>	<p>23 Turkey Sausage / Perogies / Green Salad / Fruit</p> <p>Veg : Veggie "Sausage" Patty</p>	<p>24 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones</p> <p>Veg : Red Bean Joes</p>	<p>25 Butter Chicken / Naan / Rice / Cucumbers / Fruit</p> <p>Veg : Butter Tofu</p>	<p>26 Chicken Parmesan / Fusilli / Caesar Salad / Brownies</p> <p>Veg : Eggplant Parmesan</p>