



MENU

THE BEET CAFE



April Menu 2022

<p>4 Butternut Squash Mac & Cheese / Kale Caesar / Oatmeal Cookie</p>	<p>5 Chicken Adobo / Fried Rice / Shredded Carrot / Fruit</p> <p>Veg : Chickpea Adobo</p>	<p>6 Turkey Burgers / Buns / Peas / Potato Salad / Macaroons</p> <p>Veg : Beet Burgers</p>	<p>7 Beef Stroganoff / Egg Noodle / Corn Salad / Fruit</p> <p>Veg : Mushroom Stroganoff</p>	<p>8 Lemon Fish / Roasted Potato / Coleslaw / Fruit Crisp</p> <p>Veg : Lemon Tofu</p>
<p>11 Cheese & Black Bean Quesadillas / Rice Pilaf / Cucumbers / Fruit Scones</p>	<p>12 Pineapple Chicken / Stir Fry Veg / Lo Mein / Fruit</p> <p>Veg : Tofu Stir Fry</p>	<p>13 Turkey Pot Pie / Sweet Potato Salad / Zucchini Bread</p> <p>Veg : White Bean Pot Pie</p>	<p>14 Beef Barbacoa / Tortilla / Peppers / Corn Salad / Fruit</p> <p>Veg : Black Bean Mushroom Barbacoa</p>	<p>15 GOOD FRIDAY</p>
<p>18 EASTER MONDAY</p>	<p>19 Sweet & Sour Chicken / Rice / Corn Salad / Fruit Muffins</p> <p>Veg : Sweet & Sour Tofu</p>	<p>20 Hot Turkey Sandwich / Cucumbers / Roasted Veg / Fruit</p> <p>Veg : Bean Patty</p>	<p>21 Meatballs / Egg Noodles /Iceberg Salad / Fruit</p> <p>Veg : Mushroom Lentil 'Meat'balls</p>	<p>22 Crispy Fish / Fries Coleslaw / Fruit Crisp</p> <p>Veg : Crispy Tofu</p>
<p>25 Chickpea Ranch Wraps / Sweet Potato Salad / Oatmeal Cookies</p>	<p>26 Turkey Broccoli Rice Casserole / Corn / Fruit</p> <p>Veg : Red Bean Casserole</p>	<p>27 Chicken Cutlet / Pasta Salad / Carrots / Pumpkin Spiced Muffins</p> <p>Veg : Chickpea Cutlet</p>	<p>28 Beef Burger / Bun / Roasted Potato / Caesar Salad / Fruit</p> <p>Veg : Beet Burger</p>	<p>29 Chicken Drumsticks / Cornbread / Green Beans / Fruit Scones</p> <p>Veg : BBQ Mushroom Patty</p>