



**MENU**  
THE BEET CAFE



January 2022

<p>3 Three Bean Chili / Cornbread / Peas / Oatmeal Cookie</p>	<p>4 Turkey Sausage / Mashed Potato / Green Bean Salad / Fruit</p> <p>Veg : Veggie Sausage Patty</p>	<p>5 Sloppy Joes / Whole Wheat Bun / Carrots / Fruit Crisp</p> <p>Veg : Sloppy Lentil Joes</p>	<p>6 Chicken Parm / Penne / Kale Caesar / Fruit</p> <p>Veg : Eggplant Parm</p>	<p>7 Coconut Whitefish / Fries / Coleslaw / Brownies</p> <p>Veg : Coconut Tofu</p>
<p>10 Lentil &amp; Cauliflower Dahl / Naan / Cucumber / Fruit Muffin</p>	<p>11 Turkey Drumsticks / Roast Sweet Potato / Caesar Salad / Fruit</p> <p>Veg : Beet Patty</p>	<p>12 Chicken Fajitas / Tortilla / Rice / Corn Salad / Pumpkin Cookies</p> <p>Veg : Tofu Fajitas</p>	<p>13 Meatloaf Cupcakes / Mashed Potato / Carrot Salad / Fruit</p> <p>Veg : Lentil Loaf</p>	<p>14 Chicken Cacciatore / Egg Noodles / Green Salad / Brownie</p> <p>Veg : White Bean Cacciatore</p>
<p>17 Butternut Squash Mac &amp; Cheese / Kale Caesar / Oatmeal Cookie</p>	<p>18 Chicken Adobo / Fried Rice / Carrots / Fruit</p> <p>Veg : Chickpea Adobo</p>	<p>19 Turkey Burgers / Buns / Peas / Potato Salad / Macaroons</p> <p>Veg : Beet Burgers</p>	<p>20 Beef Barbacoa / Tortilla / Peppers / Corn Salad / Fruit</p> <p>Veg : Black Bean Mushroom Barbacoa</p>	<p>21 Lemon Fish / Roasted Potato / Coleslaw / Fruit Crisp</p> <p>Veg : Lemon Tofu</p>
<p>24 Cheese &amp; Black Bean Quesadillas / Rice Pilaf / Cucumbers / Fruit Scones</p>	<p>25 Pineapple Chicken / Stir Fry Veg / Lo Mein / Fruit</p> <p>Veg : Tofu Stir Fry</p>	<p>26 Turkey Pot Pie / Sweet Potato Salad / Zucchini Bread</p> <p>Veg : White Bean Pot Pie</p>	<p>27 Beef Goulash / Egg Noodle / Corn Salad / Fruit</p> <p>Veg : Mushroom Goulash</p>	<p>28 Chicken Caesar Wrap / Potato Salad / Fruit Cheesecake</p> <p>Veg : Chickpea Wrap</p>
<p>31 Tomato Penne Bake / Greens Salad / Macaroons</p>	<p>1 Sweet &amp; Sour Chicken / Rice / Corn Salad / Fruit Muffins</p> <p>Veg : Sweet &amp; Sour Tofu</p>	<p>2 Hot Turkey Sandwich / Cucumbers / Roasted Veg / Fruit</p> <p>Veg : Bean Patty</p>	<p>3 Meatballs / Egg Noodles / Iceberg Salad / Fruit</p> <p>Veg : Mushroom Lentil 'Meat'balls</p>	<p>4 Crispy Fish / Fries Coleslaw / Fruit Crisp</p> <p>Veg : Crispy Tofu</p>