

Menu

the
Beet
café

DECEMBER LUNCH MENU

Nov 30 Pineapple Chicken / Jasmine Rice / Kale Salad / Oatmeal Date Bites	Dec 1 Butter Turkey / Sweet Potato / Kachumber (Cucumber) Salad / Fruit	2 Chickpea Salad Wraps / Honey Roasted Beets / Blueberry Turnovers	3 Pasta Bolognese / Greens Salad / Pear Wedges	4 Breaded White Fish / French Fries / Coleslaw / Melon Medley
7 Ratatouille / Caesar Salad / Oatmeal Raisin Cookie	8 Swedish Meatballs / Glazed Carrots / Pickled Cucumber Salad / Apple Wedges	9 Turkey Stir Fry / Stir Fry Veg / Rice / Apple Wedges	10 Chicken Pasta Primavera / Greens Salad / Chocolate Zucchini Bread	11 Smoked Trout Rilette / Bagel / Potato Salad / Corn / Poached Pears
14 Black Bean Quesadillas / Corn & Quinoa Salad / Granola Bar	15 Pulled Pork / Carrot & Apple Salad / Fruit.	16 White Fish Bouillabaisse / Rice Pilaf / Pumpkin Brownies	17 Turkey Burger Drumsticks / Pasta Salad / Peas / Cinnamon Apples.	18 Roast Pork / Scalloped Potatoes / Carrots & Peas / Cranberry Apple Crisp
21	22	23	24	25
28	29	30	31	Jan 1

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The Beet is an educational, skill-building project for youth, run by local charity Growing Chefs! Ontario. The project focuses on healthy food preparation, hospitality and business development. Led by some of London's top chefs, youth staff lovingly prepare delicious food, all while learning invaluable life skills.

To learn more visit www.growingchefsontario.ca