



**MENU**  
THE BEET CAFE



December 2021

<p>6 Three Bean Chili / Cornbread / Carrots / Oatmeal Cookie</p>	<p>7 Turkey Burgers / Peas / Potato Salad / Fruit  Veg : Beet Burgers</p>	<p>8 Beef Barbacoa / Tortilla / Rice / Cucumbers / Brownie  Veg : Black Bean Mushroom Barbacoa</p>	<p>9 Chicken Parm / Penne / Kale Caesar / Fruit  Veg : Eggplant Parm</p>	<p>10 Coconut Whitefish / Fries / Coleslaw / Fruit Scones  Veg : Coconut Tofu</p>
<p>13 Chickpea Curry / Naan / Cucumbers / Oatmeal Cookie</p>	<p>14 Turkey Stir Fry / Lo Mein / Stir Fry Vegetables / Fruit  Veg : Tofu Stir Fry</p>	<p>15 Meatloaf Cupcakes / Mashed Potatoes / Carrot Salad / Brownie  Veg : Lentil Loaf</p>	<p>16 Chicken Fajitas / Tortilla / Rice Pilaf / Corn Salad / Fruit  Veg : Tofu Fajitas</p>	<p>17 Roast Turkey / Scalloped Potatoes / Green Bean Salad / Gingerbread Cake  Veg : Crispy Tofu</p>
<p>20 Eggplant Ziti / Penne / Salad / Pumpkin Brownies</p>	<p>21 Beef Sloppy Joes / Buns / Peas / Fruit  Veg : Lentil Sloppy Joes</p>	<p>22 Turkey Sausage / Pancakes / Fruit with Yogurt Dip  Veg : Veggie Sausage Patty</p>	<p>23 Chicken Ranch Wraps / Crudite / Oatmeal Cookie  Veg : Chickpea Salad Wrap  <b>Dec. 23rd's lunch sent on Dec. 22nd.</b></p>	<p>24 Vegetable Lasagna / Kale Caesar / Cheesecake  <b>Lasagna sent on Dec. 22nd, to be reheated for Dec. 24th lunch.</b></p>
<p>27  WINTER BREAK</p>	<p>28  WINTER BREAK</p>	<p>29  WINTER BREAK</p>	<p>30  WINTER BREAK</p>	<p>31  WINTER BREAK</p>