



**MENU**  
THE BEET CAFE



February 2022

|   |  |   |  |   |
|---|--|---|--|---|
| <p>31<br/>Tomato White Bean Penne Bake / Greens Salad / Macaroons</p> <p><b>Ribambelle PD Day</b></p> | <p>1<br/>Sweet &amp; Sour Chicken / Rice / Corn Salad / Fruit Muffins</p> <p>Veg : Sweet &amp; Sour Tofu</p> | <p>2<br/>Hot Turkey Sandwich / Cucumbers / Roasted Veg / Fruit</p> <p>Veg : Bean Patty</p>            | <p>3<br/>Beef Meatballs / Egg Noodles / Iceberg Salad / Fruit</p> <p>Veg : Mushroom Lentil 'Meat'balls</p> | <p>4<br/>Crispy Fish / Fries / Coleslaw / Fruit Crisp</p> <p>Veg : Crispy Tofu</p>  |
| <p>7<br/>Chickpea Ranch Wraps / Sweet Potato Salad / Oatmeal Cookies</p>                              | <p>8<br/>Turkey Broccoli Rice Casserole / Peppers / Fruit</p> <p>Veg : Red Bean Casserole</p>                | <p>9<br/>Chicken Cutlet / Pasta Salad / Carrots / Pumpkin Spiced Muffins</p> <p>Veg : Tofu Cutlet</p> | <p>10<br/>Beef Burger / Bun / Roasted Potato / Caesar Salad / Fruit</p> <p>Veg : Beet Burger</p>           | <p>11<br/>Chicken Cacciatore / Egg Noodles / Green Salad / Brownie</p> <p>Veg : White Bean Cacciatore</p> <p><b>Montessori PD Day</b></p> |
| <p>14<br/>Lentil &amp; Cauliflower Dahl / Naan / Cucumber / Fruit Muffin</p>                          | <p>15<br/>Chicken Drumsticks / Cornbread / Green Beans / Fruit Scones</p> <p>Veg : BBQ Mushroom Patty</p>    | <p>16<br/>Turkey Sausage / Mashed Potato / Green Bean Salad / Fruit</p> <p>Veg : Veggie Sausage</p>   | <p>17<br/>Sloppy Joes / Whole Wheat Bun / Carrots / Fruit</p> <p>Veg : Sloppy Lentil Joes</p>              | <p>18<br/>Lemon Fish / Roasted Potato / Coleslaw / Fruit Crisp</p> <p>Veg : Lemon Tofu</p>  |
| <p>21<br/><b>FAMILY DAY</b></p>   | <p>22<br/>Chicken Parm / Penne / Kale Caesar / Fruit</p> <p>Veg : Eggplant Parm</p>                          | <p>23<br/>Turkey Drumsticks / Roast Sweet Potato / Cucumbers / Fruit</p> <p>Veg : Bean Patty</p>      | <p>24<br/>Chicken Fajitas / Tortilla / Rice / Corn Salad / Pumpkin Cookies</p> <p>Veg : Tofu Fajitas</p>   | <p>25<br/>Coconut Whitefish / Fries / Caesar Salad / Brownies</p> <p>Veg : Coconut Tofu</p>   |
| <p>28<br/>Butternut Squash Mac &amp; Cheese / Cucumbers / Oatmeal Cookie</p>                          | <p>1<br/>Turkey Sausage / Pancakes / Shredded Carrot / Fruit Salad</p> <p>Veg : Veggie Sausage Patty</p>     | <p>2<br/>Meatloaf Cupcakes / Mashed Potato / Green Bean Salad / Fruit</p> <p>Veg : Lentil Loaf</p>    | <p>3<br/>Chicken Adobo / Fried Rice / Coleslaw / Fruit</p> <p>Veg : Chickpea Adobo</p>                     | <p>4<br/>Turkey Burgers / Buns / Peas / Potato Salad / Macaroons</p> <p>Veg : Beet Burgers</p> <p><b>Lambeth PD Day</b></p>               |