



# MENU

THE BEET CAFE



February 2021

<p>1 Chicken Fajitas / Tortilla / Stir Fry Veg / Cheesecake Cups</p> <p>Veg : Tofu Fajitas</p>	<p>2 Pasta Bolognese / Greens Salad / Pear Wedges</p> <p>Veg : Lentil Bolognese</p>	<p>3 Falafel / Pickled Cucumber Salad / Rice Pilaf / Pineapple</p>	<p>4 Turkey Curry / Roasted Beets / Carrot Salad / Chocolate Zucchini Muffin</p> <p>Veg : Chickpea Curry</p>	<p>5 Breaded Cod / French Fries / Coleslaw / Fruit Medley</p> <p>Veg : Breaded Tofu</p>
<p>8 Red Lentil Dal / Rice / Green Bean Salad / Granola Bar</p>	<p>9 Beef Bourguignon / Roasted Potato / Apple Wedges</p> <p>Veg : Bean &amp; Mushroom Bourguignon</p>	<p>10 Tuna Salad Wraps / Beets / Peas / Fruit</p> <p>Veg : Chickpea Salad Wrap</p>	<p>11 Pineapple Chicken / Quinoa Kale Salad / Pumpkin Cookie</p> <p>Veg : Pineapple Tofu</p>	<p>12 Turkey Drumsticks / Couscous Salad / Carrots / Apple Sauce</p> <p>Veg : White Bean Cutlet</p>
<p>15 Family Day</p>	<p>16 Pancakes / Turkey Sausage / Carrot Raisin Salad / Fruit</p> <p>Veg : Tofu Bacon</p>	<p>17 BBQ Chicken Drums / Potato Salad / Carrots / Fruit</p> <p>Veg : BBQ Tofu</p>	<p>18 Beef &amp; Macaroni / Greens Salad / Peas / Brownies</p> <p>Veg : Lentil / Mushroom Macaroni</p>	<p>19 Coconut Cod / Rice / Kale Salad / Pineapple</p> <p>Veg : White Bean Patty</p>
<p>22 Meatloaf Cupcakes / Mashed Potato / Green Beans / Chocolate Macaroons</p> <p>Veg : Lentil Loaf</p>	<p>23 Chicken Alfredo / Spinach Salad / Pineapple</p> <p>Veg : Tofu Alfredo</p>	<p>24 3 Bean Chili / Cornbread / Cucumber Salad / Fruit</p>	<p>25 Turkey Burgers / Coleslaw / Corn / Fruit Crisp</p> <p>Veg : Beet Burgers</p>	<p>26 Fish Stew / Roasted Potato Wedges / Carrot Salad / Oatmeal Cookie</p> <p>Veg : White Bean Stew</p>