



# MENU

## THE BEET CAFE



January 2021

4 Bean Quesadillas / Curtido Slaw / Corn / Cheesecake Cups	5 Meatloaf Cupcakes / Potato Salad / Peas / Pear Wedges	6 Turkey Stew / Root Veg / Couscous Salad / Pineapple	7 Pesto Chicken Penne / Greens Salad / Carrot Cake Muffin	8 Breaded White Fish / Roasted Sweet Potato / Green Beans / Fruit Medley
11 Eggplant Ziti / Greens Salad / Granola Bar	12 Stir Fry Turkey and Veg / Brown Rice / Apple Wedges	13 Coconut White Fish / Potato Wedges / Coleslaw / Date Bites	14 Chicken Caesar Wraps / Carrots & Peas / Pumpkin Cookie	15 Beef Burger Drumsticks / Pasta Salad / Corn / Apple Sauce
18 Three Bean Chili / Quinoa Salad / Oatmeal Cookie	19 Beef Barbacoa / Fajita Veg / Tortilla / Melon Medley	20 Lemon White Fish / Cucumbers / Rice Pilaf / Fruit	21 Turkey Schnitzel / Mashed Potatoes / Kale Salad / Brownies	22 Montessori PD Day
25 Chickpea Curry / Basmati Rice / Cucumbers / Chocolate Macaroons	26 Chicken Parmesan / Egg Noodles / Greens Salad / Pineapple	27 Turkey Lo Mein (Noodles) / Cabbage Slaw / Orange Segments	28 Beef Burgers / Greens Salad / Roasted Potato / Fruit	29 Tuna Casserole / Carrot Salad / Peas / Oatmeal Cookie