



MENU

THE BEET CAFE



January 2023 Menu

2 Holidays	3 Beef Chili / Cornbread / Seasonal Veg / Fruit Cheesecake Veg : Bean Chili	4 Turkey Tacos / Rice / Coleslaw / Fruit Veg : Black Bean Taco	5 Ranch Chicken Wraps / Potato Salad / Seasonal Veg / Fruit Veg : Crispy Tofu Wrap	6 Veggie Lasagna / Caesar Salad / Fruit Crisp
9 Three Bean Chili / Cornbread / Seasonal Veg / Chocolate Chip Cookies	10 Beef Taco Meat / Tortilla / Rice / Iceberg Salad / Fruit Veg : Tofu Taco	11 Turkey Meatballs / Pasta Salad / Seasonal Veg / Fruit Veg : Lentil Meatballs	12 Chicken Pot Pie / Kale Caesar / Banana Bread Veg : White Bean Pot Pie	13 Crazy Crispy Coconut Crusted Cod / Fries / Coleslaw / Fruit Veg : Coconut Tofu
16 Cheese & Bean Quesadilla / Rice / Corn Salad / Macaroon	17 Beef Bolognese / Egg Noodles / Green Salad / Zucchini Bread Veg : Tofu Bolognese	18 Hot Turkey Sandwiches / Bun / Roasted Veg / Fruit Veg : Mushroom Patty	19 BBQ Chicken / Seasonal Veg / Potato Salad / Fruit Veg : BBQ Tofu	20 Tuna Casserole / Macaroni / Kale Slaw / Oatmeal Cookies Veg : White Bean Casserole
23 Sweet & Sour Vegetable Stir Fry / Fried Rice / Fruit Cheesecake	24 Chicken Alfredo / Penne / Caesar Salad / Fruit Veg : White Bean Alfredo	25 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Pumpkin Cookie Veg : Beet Burger	26 Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit Veg : Chickpea Ranch Wrap	27 Crispy Fish / Fries / Coleslaw / Fruit Crisp Veg : Crispy Tofu
30 Butternut Mac & Cheese / Seasonal Veg / Chocolate Chip Cookie	31 Turkey Sausage / Perogies / Green Salad / Fruit Veg : Veggie "Sausage" Patty	1 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones Veg : Red Bean Joes	2 Butter Chicken / Naan / Rice / Cucumbers / Fruit Veg : Butter Tofu	3 Chicken Parmesan / Fusilli / Carrot Salad / Brownies Veg : Eggplant Parmesan