



MENU

THE BEET CAFE



March 2021

<p>1 Salisbury Steak / Mashed Potatoes / Peas / Cheesecake Cups</p> <p>Veg : White Bean Cutlet</p>	<p>2 Butternut Squash Mac & Cheese / Green Beans / Greens Salad / Pear Wedges</p>	<p>3 Lemon Cod / Rice / Cucumbers / Pineapple</p> <p>Veg : Chickpea Curry</p>	<p>4 Honey Mustard Chicken / Potato Salad / Corn / Zucchini Bread</p> <p>Veg : Honey Mustard Tofu</p>	<p>5 Stuffed Turkey Drumsticks / Coleslaw / Carrots / Fruit Medley</p> <p>Veg : Falafel</p>
<p>8 3 Bean Chili / Kale Caesar / Sweet Potato / Granola Bar</p>	<p>9 Swedish Meatballs / Couscous Salad / Peas / Apple Wedges</p> <p>Veg : Lentil Meatballs</p>	<p>10 Coconut Curry White Fish / Sweet Potato Salad / Green Beans / Pineapple</p> <p>Veg : Curry Tofu</p>	<p>11 Chicken Parm / Egg Noodles / Spinach Salad / Pumpkin Cookie</p> <p>Veg : Eggplant Parm</p>	<p>12 Turkey Sausage / Potato Salad / Corn / Apple Sauce</p> <p>Veg : Chickpea Fritter</p>
<p>15 Chickpea Tagine / Rice / Green Bean Salad / Oatmeal Cookie</p>	<p>16 Beef Goulash / Macaroni / Corn / Greens Salad / Fruit</p> <p>Veg : Mushroom Bean / Macaroni</p>	<p>17 Turkey Patties / Sweet Potatoes / Greek Salad / Fruit</p> <p>Veg : Bean Patty</p>	<p>18 Chicken Lo Mein / Stir Fry Veg / Cucumber Salad / Pumpkin Brownies</p> <p>Veg:Tofu LoMein</p>	<p>19 Crispy Fish / Carrots / Potato Salad / Fruit</p> <p>Veg :Crispy Tofu</p>
<p>22 Pesto Chicken Penne / Peppers & Zucchini / Greens Salad / Oatmeal Cookie</p> <p>Veg : Pesto Tofu</p>	<p>23 Turkey Burgers / Carrot Salad / Corn / Fruit Crisp</p> <p>Veg : Beet Burgers</p>	<p>24 White Bean Stew / Rice / Cucumbers / Fruit</p>	<p>25 Meatloaf / Mashed Potatoes / Green Bean Salad / Pumpkin Brownie</p> <p>Veg : Mushroom Lentil Loaf</p>	<p>26 Coconut Fish / Kale Salad / Root Veg / Pineapple</p> <p>Veg : Coconut Tofu</p>