



MENU

THE BEET CAFE



March 2022

<p>28 Butternut Squash Mac & Cheese / Cucumbers / Oatmeal Cookie</p>	<p>1 Turkey Sausage / Pancakes/ Shredded Carrot / Fruit Salad</p> <p>Veg : Veggie Sausage Patty</p>	<p>2 Meatloaf Cupcakes / Mashed Potato / Green Bean Salad / Fruit</p> <p>Veg : Lentil Loaf</p>	<p>3 Chicken Adobo / Fried Rice / Coleslaw / Fruit</p> <p>Veg : Chickpea Adobo</p>	<p>4 Turkey Burgers / Buns / Peas / Potato Salad / Macaroons</p> <p>Veg : Beet Burgers</p> <p>Lambeth PD Day</p>
<p>7 Tomato Penne Bake / Greens Salad / Oatmeal Cookies</p> <p>No West/Oxford /Waterloo</p>	<p>8 Sweet & Sour Chicken / Rice / Corn Salad / Fruit Muffins</p> <p>Veg : Sweet & Sour Tofu</p> <p>No West/Oxford /Waterl./Piccadilly</p>	<p>9 Hot Turkey Sandwich / Cucumbers / Roasted Veg / Fruit</p> <p>Veg : Bean Patty</p> <p>No West/Oxford /Waterl./Piccadilly</p>	<p>10 Meatballs / Egg Noodles /Iceberg Salad / Fruit</p> <p>Veg : Mushroom Lentil 'Meat'balls</p> <p>No West/Oxford /Waterl./Piccadilly</p>	<p>11 Crispy Fish / Fries Coleslaw / Fruit Crisp</p> <p>Veg : Crispy Tofu</p> <p>No West/Oxford /Waterloo</p>
<p>14 Chickpea Ranch Wraps / Sweet Potato Salad / Oatmeal Cookies</p> <p>Ribambelle & POTA ONLY</p>	<p>15 Turkey Broccoli Rice Casserole / Corn / Fruit</p> <p>Veg : Red Bean Casserole</p> <p>Ribambelle & POTA ONLY</p>	<p>16 Chicken Cutlet / Pasta Salad / Carrots / Pumpkin Spiced Muffins</p> <p>Veg : Chickpea Cutlet</p> <p>Ribambelle & POTA ONLY</p>	<p>17 Beef Burger / Bun / Roasted Potato / Caesar Salad / Fruit</p> <p>Veg : Beet Burger</p> <p>Ribambelle & POTA ONLY</p>	<p>18 Chicken Drumsticks / Cornbread / Green Beans / Fruit Scones</p> <p>Veg : BBQ Mushroom Patty</p> <p>Ribambelle & POTA ONLY</p>
<p>21 Three Bean Chili / Cornbread / Peas / Oatmeal Cookie</p> <p>No Waldorf</p>	<p>22 Turkey Burger / Bun / Potato Salad / Corn / Fruit</p> <p>Veg : Beet Burger</p> <p>No Waldorf</p>	<p>23 Beef Barbacoa / Tortilla / Roasted Veg / Fruit Cheesecakes</p> <p>Veg : Black Bean Barbacoa</p> <p>No Waldorf</p>	<p>24 Pineapple Chicken / Rice / Stir Fry Veg / Fruit</p> <p>Veg : Pineapple Tofu</p> <p>No Waldorf</p>	<p>25 Coconut Whitefish / Fries / Coleslaw / Brownies</p> <p>Veg : Coconut Tofu</p> <p>No Waldorf</p>
<p>28 Lentil & Cauliflower Dahl / Naan / Cucumber / Fruit Muffin</p>	<p>29 Turkey Pot Pie / Greens Salad / Fruit</p> <p>Veg : White Bean Pot Pie</p>	<p>30 Beef Goulash / Macaroni / Caesar Salad / Pumpkin Cookies</p> <p>Veg : Tofu Mushroom Goulash</p>	<p>31 Sweet & Sour Chicken / Rice Pilaf / Fruit</p> <p>Veg : Sweet & Sour Tofu</p>	<p>April 1 Chicken Cacciatore / Egg Noodles / Green Salad / Brownie</p> <p>Veg : White Bean Cacciatore</p>

