



MENU

THE BEET CAFE



April 2023

<p>3 Mushroom Alfredo / Penne / Caesar Salad / Fruit Cheesecake</p>	<p>4 Sweet & Sour Chicken / Stir Fried Veggies / Fried Rice / Pumpkin Cookie</p> <p>Veg : Sweet & Sour Crispy Tofu</p>	<p>5 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Fruit</p> <p>Veg : Beet Burger</p>	<p>6 Chicken Ranch Wraps / Mash/ Seasonal Veg / Fruit</p> <p>Veg : Vegan "Chicken" Ranch Wrap</p>	<p>7 Good Friday</p>
<p>10 Easter Monday</p>	<p>11 Beef Stroganoff / Egg Noodles / Kale Slaw / Pumpkin Spiced Muffin</p> <p>Veg : Mushroom Stroganoff</p>	<p>12 Turkey "Drumsticks" / Mashed Potato / Carrots / Fruit</p> <p>Veg : Lentil Drumsticks</p>	<p>13 Honey Mustard Chicken / Rice / Greek Salad / Fruit</p> <p>Veg : Honey Mustard Tofu</p>	<p>14 Chicken Fajitas / Tortilla / Corn / Fruit Muffins</p> <p>Veg : Black Bean Fajitas</p>
<p>17 Butternut Mac & Cheese / Seasonal Veg / Chocolate Chip Cookie</p>	<p>18 Turkey Sausage / Perogies / Green Salad / Fruit</p> <p>Veg : Veggie "Sausage" Patty</p>	<p>19 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones</p> <p>Veg : Red Bean Joes</p>	<p>20 Butter Chicken / Naan / Rice / Cucumbers / Fruit</p> <p>Veg : Butter Tofu</p>	<p>21 Chicken Parmesan / Fusilli / Caesar Salad / Brownies</p> <p>Veg : Eggplant Parmesan</p>
<p>24 Three Bean Chili / Cornbread / Seasonal Veg / Macaroons</p>	<p>25 Beef Taco Meat / Tortilla / Rice / Iceberg Salad / Fruit</p> <p>Veg : Black Bean Taco</p>	<p>26 Turkey Meatballs / Pasta Salad / Seasonal Veg / Fruit</p> <p>Veg : Lentil Meatballs</p>	<p>27 Lemon Chicken / Roast Sweet Potato / Kale Caesar / Banana Bread</p> <p>Veg : Lemon Chickpeas</p>	<p>28 Crazy Crispy Coconut Crusted Cod / Fries / Coleslaw / Fruit</p> <p>Veg : Coconut Tofu</p>