



MENU

THE BEET CAFE



November 2023

<p>6 Vegetable Baked Penne/ Romaine Salad/Baked Good</p>	<p>7 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit Veg : Refried Beans Taco</p>	<p>8 Turkey Shepherd's Pie / Seasonal Veg / Fruit Veg : Lentil Shepherds Pie</p>	<p>9 Chicken Noodle Casserole / Kale Caesar / Baked Good Veg : White Bean Pot Pie</p>	<p>10 Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit Veg : Coconut Tofu</p>
<p>13 Cheese & Bean Quesadilla / Rice / Corn / Baked Good</p>	<p>14 Beef Bolognese / Pasta / Italian Salad / Baked Good Veg : Lentil Bolognese</p>	<p>15 Hot Turkey Sandwiches / Bun / Seasonal Veg / Fruit Veg : Meatless Patty</p>	<p>16 BBQ Chicken / Crudite Vegetables / Mashed Potatoes/ Fruit Veg : BBQ Tofu</p>	<p>17 Chicken Fusilli/ Seasonal Veg/ Baked Good Veg : Vegetable Fusilli</p>
<p>20 Sweet & Sour Vegetable Tofu Stir Fry / Rice / Baked Good</p>	<p>21 Chicken Alfredo / Penne / Caesar Salad / Fruit Veg : White Bean Alfredo</p>	<p>22 Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good Veg : Meatless Burger</p>	<p>23 Chicken Tenders / Roasted Potatoes / Seasonal Veg / Fruit Veg : Tofu Nuggets</p>	<p>24 Crispy Fish / Rice Seasonal Veg / Baked Good Veg : Crispy Tofu</p>
<p>27 Three Bean Chili / Cornbread / Seasonal Veg / Baked Good</p>	<p>28 Beef Stroganoff / Noodles / Seasonal Veg / Baked Good Veg : Mushroom Stroganoff</p>	<p>29 Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit Veg : Lentil Drumsticks</p>	<p>30 Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good Veg : Honey Mustard Tofu</p>	<p>1 Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good Veg : Black Bean Fajitas</p>