



MENU

THE BEET CAFE



October 2023

<p>2 Three Bean Chili / Cornbread / Seasonal Veg / Baked Good</p>	<p>3 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit Veg : Refried Beans Taco</p>	<p>4 Turkey Shepherd's Pie / Seasonal Veg / Fruit Veg : Lentil Shepherds Pie</p>	<p>5 Chicken Noodle Soup Casserole / Egg Noodles /Caesar Salad/ Baked Good Veg : White Bean Pot Pie</p>	<p>6 Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit Veg : Coconut Tofu</p>
<p>9 Thanksgiving</p>	<p>10 Beef Bolognese / Pasta / Green Salad / Baked Good Veg : Lentil Bolognese</p>	<p>11 Hot Turkey Sandwiches / Bun / Seasonal Veg / Fruit Veg : Meatless Patty</p>	<p>12 BBQ Chicken / Seasonal Veg / Potato Salad / Fruit Veg : BBQ Tofu</p>	<p>13 Chicken Lasagna/ Seasonal Veg/ Baked Good Veg : Vegetable Lasagna</p>
<p>16 Sweet & Sour Vegetable Tofu Stir Fry / Rice / Baked Good</p>	<p>17 Chicken Alfredo / Penne / Caesar Salad / Fruit Veg : White Bean Alfredo</p>	<p>18 Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good Veg : Meatless Burger</p>	<p>19 Chicken Tenders/ Roasted Potatoes/ Seasonal Veg / Fruit Veg : Tofu Tenders</p>	<p>20 Crispy Fish / Rice and Peas / Crudite Vegetables / Baked Good Veg : Crispy Tofu</p>
<p>23 Chickpea Masala / Rice Pilaf/ Cucumbers / Baked Good</p>	<p>24 Beef Stroganoff / Egg Noodles / Seasonal Veg / Baked Good Veg : Mushroom Stroganoff</p>	<p>25 Turkey Drumsticks / Mashed Potato / Spinach Salad/ Fruit Veg : Lentil Drumsticks</p>	<p>26 Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good Veg : Honey Mustard Tofu</p>	<p>27 Chicken Fajitas / Seasonal Vegetables/ Baked Good Veg : Black Bean Fajitas</p>

<p style="text-align: center;">30</p> <p style="text-align: center;">Butternut Mac & Cheese / Spinach Salad/ Seasonal Veg / Baked Good</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">Chicken Shawarma/ Pita Bread/Seasonal Veg / Fruit</p> <p style="text-align: center;">Veg : Falafel</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">Beef Burgers / Bun / Seasonal Veg / Baked Good</p> <p style="text-align: center;">Veg : Veggie Burger</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Butter Chicken / Rice / Kachumber Salad / Fruit</p> <p style="text-align: center;">Veg : Butter Tofu</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">Chicken Parmesan / Egg Noodles / Seasonal Veg / Baked Good</p> <p style="text-align: center;">Veg : Eggplant Parmesan</p>
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