



MENU

THE BEET CAFE



September 2023

4 Labour Day	5 Beef Spaghetti / Green Salad / Baked Good Veg : Lentil Bolognese	6 Hot Turkey Sandwiches / Bun / Seasonal Veg / Fruit Veg : Meatless Patty	7 BBQ Chicken / Seasonal Veg / Mashed Potatoes/ Fruit Veg : BBQ Tofu	8 Chicken Lasagna/ Seasonal Veg/ Baked Good Veg : Vegetable Lasagna
11 Sweet & Sour Vegetable Tofu Stir Fry / Rice / Baked Good	12 Chicken Alfredo / Penne / Caesar Salad / Fruit Veg : White Bean Alfredo	13 Turkey Burgers / Bun / Maple Roasted Sweet Potatoes / Crudite Vegetables/ Baked Good Veg : Meatless Burger	14 Chicken Tenders / Potato Salad / Seasonal Veg / Fruit Veg : Chickpea Ranch Wrap	15 Crispy Fish / Potato Wedges / Crudite Vegetables / Baked Good Veg : Crispy Tofu
18 Chickpea Masala / Rice Pilaf/ Cucumbers / Baked Good	19 Beef Stroganoff / Egg Noodles / Seasonal Veg / Baked Good Veg : Mushroom Stroganoff	20 Turkey Drumsticks / Mashed Potato / Spinach Salad/ Fruit Veg : Lentil Drumsticks	21 Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good Veg : Honey Mustard Tofu	22 Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good Veg : Black Bean Fajitas
25 Butternut Mac & Cheese / Spinach Salad/ Fruit / Baked Good	26 Chicken Shawarma/ Pita Bread/Tomato Cucumber Salad / Fruit Veg : Falafel	27 Beef Burgers / Bun / Seasonal Veg / Baked Good Veg : Veggie Burger	28 Butter Chicken / Rice / Kachumber Salad / Fruit Veg : Butter Tofu	29 Chicken Parmesan / Egg Noodles / Seasonal Veg / Baked Good Veg : Eggplant Parmesan

