



MENU
THE BEET CAFE



March 2023 Menu

<p>6 Butternut Mac & Cheese / Seasonal Veg / Chocolate Chip Cookie</p>	<p>7 Turkey Sausage / Perogies / Green Salad / Fruit Veg : Veggie "Sausage" Patty</p>	<p>8 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones Veg : Red Bean Joes</p>	<p>9 Butter Chicken / Naan / Rice / Cucumbers / Fruit Veg : Butter Tofu</p>	<p>10 Chicken Parmesan / Fusilli / Caesar Salad / Brownies Veg : Eggplant Parmesan</p>
<p>13 Three Bean Chili / Cornbread / Seasonal Veg / Macaroons</p>	<p>14 Beef Taco Meat / Tortilla / Rice / Iceberg Salad / Fruit Veg : Black Bean Taco</p>	<p>15 Turkey Meatballs / Pasta Salad / Seasonal Veg / Fruit Veg : Lentil Meatballs</p>	<p>16 Lemon Chicken / Roast Sweet Potato / Kale Caesar / Banana Bread Veg : Lemon Chickpeas</p>	<p>17 Crazy Crispy Coconut Crusted Cod / Fries / Coleslaw / Fruit Veg : Coconut Tofu</p>
<p>20 Mushroom Alfredo / Penne / Caesar Salad / Fruit Cheesecake</p>	<p>21 Sweet & Sour Chicken / Stir Fried Veggies / Fried Rice / Pumpkin Cookie Veg : Sweet & Sour Crispy Tofu</p>	<p>22 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Fruit Veg : Beet Burger</p>	<p>23 Chicken Ranch Wraps / Mash/ Seasonal Veg / Fruit Veg : Vegan "Chicken" Ranch Wrap</p>	<p>24 Crispy Fish / Fries / Coleslaw / Fruit Crisp Veg : Crispy Tofu</p>
<p>27 Cheese & Bean Quesadilla / Rice / Corn Salad / Macaroon</p>	<p>28 Beef Bolognese / Egg Noodles / Green Salad / Fruit Veg : Tofu Bolognese</p>	<p>29 Hot Turkey Sandwiches / Bun / Seasonal Veg / Fruit Veg : Mushroom Patty</p>	<p>30 BBQ Chicken / Seasonal Veg / Potato Salad / Zucchini Bread Veg : BBQ Tofu</p>	<p>31 Tuna Casserole / Macaroni / Kale Slaw / Oatmeal Cookies Veg : White Bean Casserole</p>