



# MENU

## THE BEET CAFE



<p>Civic Holiday <sup>5</sup></p>	<p>Beef Bolognese / Pasta / Italian Salad / Baked Good <sup>6</sup></p> <p>Veg : Lentil Bolognese</p>	<p>BBQ Chicken / Seasonal Vegetables / Mashed Potatoes/ Fruit <sup>7</sup></p> <p>Veg : BBQ Tofu</p>	<p>Turkey Cheddar Sandwiches / Crudite/ Fruit <sup>8</sup></p> <p>Veg : Hummus and Roasted Vegetable Sandwiches</p>	<p>Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good <sup>9</sup></p> <p>Veg : Black Bean Fajitas</p>
<p>Edamame Pasta <sup>12</sup> Salad with Vegetables/Crudite/ Baked good</p>	<p>Chicken Parmesan / Noodles / Seasonal Veg / Baked Good <sup>13</sup></p> <p>Veg : Eggplant Parmesan</p>	<p>Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good <sup>14</sup></p> <p>Veg : Meatless Burger</p>	<p>Butter Chicken / Rice / Cucumbers/ Fruit <sup>15</sup></p> <p>Veg : Butter Tofu</p>	<p>Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit <sup>16</sup></p> <p>Veg : Coconut Tofu</p>
<p>Vegetable Baked <sup>19</sup> Penne/ Romaine Salad/Baked Good</p>	<p>Honey Mustard <sup>20</sup> Chicken / Rice / Seasonal Veg / Baked Good</p> <p>Veg : Honey Mustard Tofu</p>	<p>Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit <sup>21</sup></p> <p>Veg : Lentil Drumsticks</p>	<p>Cheese and Egg <sup>22</sup> Frittata/ Baked Potato Hash/ Seasonal Vegetables/ Fruit</p>	<p>Focaccia <sup>23</sup> Pizza/Crudite Veg/Fruit</p> <p>Veg : Vegetarian Focaccia</p>
<p>Three Bean Chili / Cornbread / Seasonal Veg / Baked Good <sup>26</sup></p>	<p>Chicken Shawarma/ Pita Bread/Romaine Salad / Fruit <sup>27</sup></p> <p>Veg : Falafel</p>	<p>Beef Burgers / Bun / Seasonal Veg / Baked Good <sup>28</sup></p> <p>Veg : Veggie Burger</p>	<p>Fish and Potato <sup>29</sup> Cakes/ Seasonal Veg/ Corn on the Cob/ Baked Good</p> <p>Veg: Lentil Potato Cakes</p>	<p>Chicken Alfredo / Penne / Caesar Salad / Fruit <sup>30</sup></p> <p>Veg : White Bean Alfredo</p>

