



# MENU

## THE BEET CAFE



<p style="text-align: right;">2</p> <p>Vegetable Baked Penne/ Seasonal Vegetables /Baked Good</p>	<p style="text-align: right;">3</p> <p>Meatball with marinara/whole wheat bun/ Seasonal Vegetables/Fruit</p> <p>Veg: Cauliflower Quinoa Meatballs</p>	<p style="text-align: right;">4</p> <p>Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit</p> <p>Veg : Lentil Loaf</p>	<p style="text-align: right;">5</p> <p>Focaccia Cheese Pizza/Crudite/ Greek Yogurt Dip/ Fruit</p>	<p style="text-align: right;">6</p> <p>Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good</p> <p>Veg : Honey Mustard Tofu Fingers</p>
<p style="text-align: right;">9</p> <p>Turkey Sweet Potato Chili / Crispy Tostadas / Crudite/ Fruit</p> <p>Veg: Three Bean Chili</p>	<p style="text-align: right;">10</p> <p>Chicken Shawarma/ Pita Bread/Romaine Salad / Baked Good</p> <p>Veg : Falafel</p>	<p style="text-align: right;">11</p> <p>Fish and Potato Cakes/ Seasonal Veg/Rice/ Fruit</p> <p>Veg: Lentil Potato Cakes</p>	<p style="text-align: right;">12</p> <p>Beef Burgers / Bun / Seasonal Veg / Baked Good</p> <p>Veg : Veggie Burger</p>	<p style="text-align: right;">13</p> <p>Chicken Alfredo / Penne / Caesar Salad / Fruit</p> <p>Veg : White Bean Alfredo</p>
<p style="text-align: right;">16</p> <p>Butternut Mac &amp; Cheese / Green Salad/ Seasonal Veg / Baked Good</p>	<p style="text-align: right;">17</p> <p>Chicken Tenders / Roasted Potatoes / Seasonal Veg / Baked Good</p> <p>Veg: Tofu Tenders</p>	<p style="text-align: right;">18</p> <p>Turkey Cheddar Sandwiches / Crudite/ Fruit</p> <p>Veg : Cocoa Sunbutter and Banana Sandwich (funky monkey)</p>	<p style="text-align: right;">19</p> <p>Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit</p> <p>Veg : Refried Beans Taco</p>	<p style="text-align: right;">20</p> <p>Coconut Crusted Cod / Rice/ Seasonal Veg / Fruit</p> <p>Veg : Coconut Chickpea Potato Curry</p>
<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>	<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>

Special meal Ribambelle	Special meal Ribambelle			
----------------------------	----------------------------	--	--	--