



# MENU

## THE BEET CAFE



5 Sweet & Sour Vegetable Tofu Stir Fry / Rice / Baked Good	6 Chicken Parmesan / Noodles / Seasonal Veg / Baked Good  Veg : Eggplant Parmesan	7 Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good  Veg : Meatless Burger	8 Butter Chicken / Rice / Cucumbers/ Fruit  Veg : Butter Tofu	9 Crispy Fish / Rice /Seasonal Veg / Baked Good  Veg : Crispy Tofu
12 Vegetable Baked Penne/ Romaine Salad/Baked Good	13 Pancakes/ Breakfast Sausage/ Crispy potato hash/ Fruit salad  Veg : Meatless sausage	14 Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit  Veg : Lentil Drumsticks	15 Beef Stroganoff / Noodles / Seasonal Veg / Baked Good  Veg : Mushroom Stroganoff	16 Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good  Veg : Black Bean Fajitas
19 Family Day	20 Chicken Shawarma/ Pita Bread/Romaine Salad / Fruit  Veg : Falafel	21 Beef Burgers / Bun / Seasonal Veg / Baked Good  Veg : Veggie Burger	22 Chicken Tenders / Roasted Potatoes / Seasonal Veg / Fruit  Veg: Tofu tenders Veg : Tofu Tenders	23 Chicken Alfredo / Penne / Caesar Salad / Fruit  Veg : White Bean Alfredo
26 Butternut Mac & Cheese / Green Salad/ Seasonal Veg / Baked Good	27 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit  Veg : Refried Beans Taco	28 Turkey Teriyaki/ Rice / Stir fry Vegetables / Fruit  Veg : Tofu Teriyaki	29 Chicken Noodle Casserole / Kale Caesar / Baked Good  Veg : White Bean Noodle Casserole	1 Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit  Veg : Coconut Tofu

***ELEMENTARY LUNCH OPTIONS:***

**HOT** - Chicken alfredo with broccoli and roasted red peppers

Vegetarian: Vegetable alfredo

Butternut squash mac and cheese, chicken tenders and seasonal vegetables

Vegetarian: Tofu tenders

**SOUP/STEW** - Beef chili with cornbread muffin

Vegetarian: 3 bean chili

**COLD** - Pizza bun with beef pepperoni and apple slices

Vegetarian: Vegetable pizza bun

Turkey and cheddar bagel with tomato and lettuce, and crudite vegetables

Vegetarian: Bagel with hummus, vegetables and lettuce