



MENU

THE BEET CAFE



1 Holiday	2 Chicken Parmesan / Noodles / Seasonal Veg / Baked Good Veg : Eggplant Parmesan	3 Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good Veg : Meatless Burger	4 Butter Chicken / Rice / Cucumbers/ Fruit Veg : Butter Tofu	5 Crispy Fish / Rice /Seasonal Veg / Baked Good Veg : Crispy Tofu
8 Vegetable Baked Penne/ Romaine Salad/Baked Good	9 Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good Veg : Honey Mustard Tofu	10 Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit Veg : Lentil Drumsticks	11 Beef Stroganoff / Noodles / Seasonal Veg / Baked Good Veg : Mushroom Stroganoff	12 Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good Veg : Black Bean Fajitas
15 Three Bean Chili / Cornbread / Seasonal Veg / Baked Good	16 Chicken Shawarma/ Pita Bread/Romaine Salad / Fruit Veg : Falafel	17 Beef Burgers / Bun / Seasonal Veg / Baked Good Veg : Veggie Burger	18 Chicken Tenders / Roasted Potatoes / Seasonal Veg / Fruit Veg: Tofu tenders Veg : Tofu Tenders	19 Chicken Alfredo / Penne / Caesar Salad / Fruit Veg : White Bean Alfredo
22 Butternut Mac & Cheese / Green Salad/ Seasonal Veg / Baked Good	23 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit Veg : Refried Beans Taco	24 Turkey Teriyaki/ Rice / Stir fry Vegetables / Fruit Veg : Tofu Teriyaki	25 Chicken Noodle Casserole / Kale Caesar / Baked Good Veg : White Bean Noodle Casserole	26 Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit Veg : Coconut Tofu

<p>29 Cheese & Bean Quesadilla / Rice / Corn / Baked Good</p>	<p>30 Beef Bolognese / Pasta / Italian Salad / Baked Good</p> <p>Veg : Lentil Bolognese</p>	<p>31 Hot Turkey Sandwiches / Bun / Seasonal Veg / Fruit</p> <p>Veg : Meatless Patty</p>	<p>1 BBQ Chicken / Crudite Vegetables / Mashed Potatoes/ Fruit</p> <p>Veg : BBQ Tofu</p>	<p>2 Chicken Fusilli/ Seasonal Veg/ Baked Good</p> <p>Veg : Vegetable Fusilli</p>
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