



MENU

THE BEET CAFE



Canada Day ¹	Beef Bolognese / Pasta / Italian Salad / Baked Good ² Veg : Lentil Bolognese	BBQ Chicken / Seasonal Vegetables / Mashed Potatoes/ Fruit ³ Veg : BBQ Tofu	Turkey Cheddar Sandwiches / Crudite/ Fruit ⁴ Veg : Hummus and Roasted Vegetable Sandwiches	Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good ⁵ Veg : Black Bean Fajitas
Edamame Pasta Salad with Vegetables/Crudite/ Baked good ⁸	Chicken Parmesan / Noodles / Seasonal Veg / Baked Good ⁹ Veg : Eggplant Parmesan	Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good ¹⁰ Veg : Meatless Burger	Butter Chicken / Rice / Cucumbers/ Fruit ¹¹ Veg : Butter Tofu	Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit ¹² Veg : Coconut Tofu
Vegetable Baked Penne/ Romaine Salad/Baked Good ¹⁵	Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good ¹⁶ Veg : Honey Mustard Tofu	Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit ¹⁷ Veg : Lentil Drumsticks	Cheese and Egg Frittata/ Baked Potato Hash/ Seasonal Vegetables/ Fruit ¹⁸	Focaccia Pizza/Crudite Veg/Fruit ¹⁹ Veg : Vegetarian Focaccia
Three Bean Chili / Cornbread / Seasonal Veg / Baked Good ²²	Chicken Shawarma/ Pita Bread/Romaine Salad / Fruit ²³ Veg : Falafel	Beef Burgers / Bun / Seasonal Veg / Baked Good ²⁴ Veg : Veggie Burger	Fish and Potato Cakes/ Seasonal Veg/ Corn on the Cob/ Baked Good ²⁵ Veg: Lentil Potato Cakes	Chicken Alfredo / Penne / Caesar Salad / Fruit ²⁶ Veg : White Bean Alfredo

29 Butternut Mac & Cheese / Green Salad/ Seasonal Veg / Baked Good	30 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit Veg : Refried Beans Taco	31 Turkey Teriyaki/ Rice / Stir fry Vegetables / Fruit Veg : Tofu Teriyaki	1 Chicken Tenders / Roasted Potatoes / Seasonal Veg / Fruit Veg: Tofu tenders	2 Salmon/ Rice /Seasonal Veg / Baked Good Veg : Crispy Tofu