



MENU

THE BEET CAFE



<p>3 Three Bean Chili / Cornbread / Seasonal Veg / Baked Good</p>	<p>4 Chicken Parmesan / Noodles / Seasonal Veg / Baked Good</p> <p>Veg : Eggplant Parmesan</p>	<p>5 Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good</p> <p>Veg : Meatless Burger</p>	<p>6 Butter Chicken / Rice / Cucumbers/ Fruit</p> <p>Veg : Butter Tofu</p>	<p>7 Crispy Fish / Rice /Seasonal Veg / Baked Good</p> <p>Veg : Crispy Tofu</p>
<p>10 Vegetable Baked Penne/ Romaine Salad/Baked Good</p>	<p>11 Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good</p> <p>Veg : Honey Mustard Tofu</p>	<p>12 Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit</p> <p>Veg : Lentil Drumsticks</p>	<p>13 Beef Stroganoff / Noodles / Seasonal Veg / Baked Good</p> <p>Veg : Mushroom Stroganoff</p>	<p>14 Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good</p> <p>Veg : Black Bean Fajitas</p>
<p>17 Cheese & Bean Quesadilla / Rice / Corn / Baked Good</p>	<p>18 Chicken Shawarma/ Pita Bread/Romaine Salad / Fruit</p> <p>Veg : Falafel</p>	<p>19 Beef Burgers / Bun / Seasonal Veg / Baked Good</p> <p>Veg : Veggie Burger</p>	<p>20 Chicken Tenders / Roasted Potatoes / Seasonal Veg / Fruit</p> <p>Veg : Tofu Tenders</p>	<p>21 Chicken Alfredo / Penne / Caesar Salad / Fruit</p> <p>Veg : White Bean Alfredo</p>
<p>24 Butternut Mac & Cheese / Green Salad/ Seasonal Veg / Baked Good</p>	<p>25 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit</p> <p>Veg : Refried Beans Taco</p>	<p>26 Turkey Teriyaki/ Rice / Stir fry Vegetables / Fruit</p> <p>Veg : Tofu Teriyaki</p>	<p>27 Chicken Noodle Casserole / Kale Caesar / Baked Good</p> <p>Veg : White Bean Noodle Casserole</p>	<p>28 Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit</p> <p>Veg : Coconut Tofu</p>

