MENU

THE BEET CAFE

4 Cheese & Bean Quesadilla / Rice / Corn / Baked Good	5 Beef Bolognese / Pasta / Italian Salad / Baked Good Veg : Lentil Bolognese	6 Hot Turkey Sandwiches / Bun / Seasonal Veg / Fruit Veg : Meatless Patty	7 BBQ Chicken / Crudite Vegetables / Mashed Potatoes/ Fruit Veg : BBQ Tofu	8 Chicken Fusilli/ Seasonal Veg/ Baked Good Veg : Vegetable Fusilli
11 Sweet & Sour Vegetable Tofu Stir Fry / Rice / Baked Good	12 Chicken Parmesan / Noodles / Seasonal Veg / Baked Good Veg : Eggplant Parmesan	13 Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good Veg : Meatless Burger	14 Butter Chicken / Rice / Cucumbers/ Fruit Veg : Butter Tofu	15 Crispy Fish / Rice /Seasonal Veg / Baked Good Veg : Crispy Tofu
18 Vegetable Baked Penne/ Romaine Salad/Baked Good	19 Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good Veg : Honey Mustard Tofu	20 Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit Veg : Lentil Drumsticks	21 Beef Stroganoff / Noodles / Seasonal Veg / Baked Good Veg : Mushroom Stroganoff	22 Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good Veg : Black Bean Fajitas
25 Three Bean Chili / Cornbread / Seasonal Veg / Baked Good	26 Chicken Shawarma/ Pita Bread/Romaine Salad / Fruit Veg : Falafel	27 Beef Burgers / Bun / Seasonal Veg / Baked Good Veg : Veggie Burger	28 Chicken Tenders / Roasted Potatoes / Seasonal Veg / Fruit Veg: Tofu tenders Veg : Tofu Tenders	29 Good Friday