



MENU

THE BEET CAFE



<p>6 Vegetable Baked Penne/ Romaine Salad/Baked Good</p>	<p>7 Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good</p> <p>Veg : Honey Mustard Tofu</p>	<p>8 Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit</p> <p>Veg : Lentil Drumsticks</p>	<p>9 Beef Stroganoff / Noodles / Seasonal Veg / Baked Good</p> <p>Veg : Mushroom Stroganoff</p>	<p>10 Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good</p> <p>Veg : Black Bean Fajitas</p>
<p>13 Butternut Mac & Cheese / Seasonal Veg / Baked Good</p>	<p>14 Chicken Shawarma/ Pita Bread/Romaine Salad/ Fruit</p> <p>Veg : Falafel</p>	<p>15 Beef Burgers / Bun / Potato Wedges/ Crudite / Baked Good</p> <p>Veg : Veggie Burger</p>	<p>16 Butter Chicken / Rice /Cucumber / Fruit</p> <p>Veg : Butter Tofu</p>	<p>17 Chicken Parmesan / Pasta / Seasonal Veg / Baked Good</p> <p>Veg : Eggplant Parmesan</p>
<p>20 Victoria Day</p>	<p>21 Vegetable Baked Penne/ Romaine Salad/Baked Good</p>	<p>22 Turkey Teriyaki/ Rice / Stir fry Vegetables / Fruit</p> <p>Veg : Tofu Teriyaki</p>	<p>23 Chicken Noodle Casserole / Kale Caesar / Baked Good</p> <p>Veg : White Bean Noodle Casserole</p>	<p>24 Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit</p> <p>Veg : Coconut Tofu</p>
<p>27 Cheese & Bean Quesadilla / Rice / Corn/ Baked Good</p>	<p>28 Beef Bolognese / Pasta / Green Salad / Baked Good</p> <p>Veg : Lentil Bolognese</p>	<p>29 Hot Turkey/ Mashed Potatoes / Seasonal Veg / Fruit</p> <p>Veg : Meatless Patty</p>	<p>30 BBQ Chicken / Seasonal Veg / Rice / Fruit</p> <p>Veg : BBQ Tofu</p>	<p>31 Chicken Pasta Bake/ Seasonal Veg/ Baked Good</p> <p>Veg : Vegetable Pasta</p>