



# MENU

## THE BEET CAFE



<p>4 Three Bean Chili / Cornbread / Seasonal Veg / Baked Good</p>	<p>5 Chicken Shawarma/ Pita Bread/Romaine Salad / Fruit</p> <p>Veg : Falafel</p>	<p>6 Fish and Potato Cakes/ Seasonal Veg/Rice/ Fruit</p> <p>Veg: Lentil Potato Cakes</p>	<p>7 Beef Burgers / Bun / Seasonal Veg / Baked Good</p> <p>Veg : Veggie Burger</p>	<p>8 Chicken Alfredo / Penne / Caesar Salad / Fruit</p> <p>Veg : White Bean Alfredo</p>
<p>11 Butternut Mac &amp; Cheese / Green Salad/ Seasonal Veg / Baked Good</p>	<p>12 Chicken Tenders / Roasted Potatoes / Crudite / Fruit</p> <p>Veg: Tofu tenders</p>	<p>13 Turkey Cheddar Sandwiches / Crudite/ Fruit</p> <p>Veg : Hummus and Roasted Vegetable Sandwiches</p>	<p>14 Beef Tacos/ Tortilla / shredded lettuce/ Seasonal Veg / Baked good</p> <p>Veg : Refried Beans Taco</p>	<p>15 Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit</p> <p>Veg : Coconut Tofu</p>
<p>18 Cheese and Egg Frittata/ Baked Potato Hash/ Seasonal Vegetables/ Baked Good</p>	<p>19 Beef Bolognese / Pasta / Italian Salad / Baked Good</p> <p>Veg : Lentil Bolognese</p>	<p>20 Turkey Teriyaki/ Rice / Stir fry Vegetables / Fruit</p> <p>Veg : Tofu Teriyaki</p>	<p>21 Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good</p> <p>Veg : Black Bean Fajitas</p>	<p>22 BBQ Chicken / Crudite Vegetables / Mashed Potatoes/ Fruit</p> <p>Veg : BBQ Tofu</p>
<p>25 Cheese &amp; Bean Quesadilla / Rice / Corn / Baked Good</p>	<p>26 Chicken Parmesan / Noodles /Caesar Salad/ Baked Good</p> <p>Veg : Eggplant Parmesan</p>	<p>27 Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good</p> <p>Veg : Meatless Burger</p>	<p>28 Butter Chicken / Rice / Cucumbers/ Fruit</p> <p>Veg : Butter Tofu</p>	<p>29 Salmon/ Rice /Seasonal Veg / Baked Good</p> <p>Veg : Crispy Tofu</p>

