



MENU

THE BEET CAFE



<p>30 Three Bean Chili / Cornbread / Seasonal Veg / Baked Good</p>	<p>1 Chicken Shawarma/ Pita Bread/Romaine Salad / Fruit</p> <p>Veg : Falafel</p>	<p>2 Fish and Potato Cakes/ Crudite/Rice/ Fruit</p> <p>Veg: Lentil Potato Cakes</p>	<p>3 Beef Burgers / Bun / Crudite / Fruit/ Baked Good</p> <p>Veg : Veggie Burger</p>	<p>4 Chicken Alfredo / Penne / Caesar Salad / Fruit</p> <p>Veg : White Bean Alfredo</p>
<p>7 Butternut Mac & Cheese / Green Salad/ Seasonal Veg / Baked Good</p>	<p>8 Chicken Tenders / Roasted Potatoes / Crudite / Fruit</p> <p>Veg: Tofu tenders</p>	<p>9 Turkey Cheddar Sandwiches / Crudite/ Fruit</p> <p>Veg : Hummus and Roasted Vegetable Sandwiches</p>	<p>10 Beef Tacos/ Tortilla / shredded lettuce/ Seasonal Veg / Baked good</p> <p>Veg : Refried Beans Taco</p>	<p>11 Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit</p> <p>Veg : Coconut Tofu</p>
<p>14 Holiday</p>	<p>15 Beef Bolognese / Pasta / Italian Salad / Baked Good</p> <p>Veg : Lentil Bolognese</p>	<p>16 Turkey Teriyaki/ Rice / Stir fry Vegetables / Fruit</p> <p>Veg : Tofu Teriyaki</p>	<p>17 Chicken Fajitas / Seasonal Veg/ Baked Good</p> <p>Veg : Black Bean Fajitas</p>	<p>18 BBQ Chicken / Crudite Vegetables / Mashed Potatoes/ Fruit</p> <p>Veg : BBQ Tofu</p>
<p>21 Cheese & Bean Quesadilla / Rice / Corn / Baked Good</p>	<p>22 Chicken Parmesan / Noodles /Caesar salad/ Baked Good</p> <p>Veg : Eggplant Parmesan</p>	<p>23 Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good</p> <p>Veg : Meatless Burger</p>	<p>24 Butter Chicken / Rice / Cucumbers/ Fruit</p> <p>Veg : Butter Tofu</p>	<p>25 Salmon/ Rice /Seasonal Veg / Baked Good</p> <p>Veg : Crispy Tofu</p>

<p style="text-align: right;">28</p> <p>Vegetable Baked Penne/ Seasonal veg/Baked Good</p>	<p style="text-align: right;">29</p> <p>Meatball with marinara/whole wheat bun/ Seasonal Vegetables/Fruit</p> <p>Veg: Lentil meatballs</p>	<p style="text-align: right;">30</p> <p>Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit</p> <p>Veg : Lentil Drumsticks</p>	<p style="text-align: right;">31</p> <p>Focaccia Pizza/Crudite Veg/Fruit</p> <p>Veg : Vegetarian Focaccia</p>	<p style="text-align: right;">1</p> <p>Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good</p> <p>Veg : Honey Mustard Tofu</p>
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