



MENU

THE BEET CAFE



<p>2 Labour day</p>	<p>3 Butternut Mac & Cheese / Green Salad/ Seasonal Veg / Baked Good</p>	<p>4 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit Veg : Refried Beans Taco</p>	<p>5 Turkey Teriyaki/ Rice / Stir fry Vegetables / Fruit Veg : Tofu Teriyaki</p>	<p>6 Chicken Tenders / Roasted Potatoes / Seasonal Veg / Fruit Veg: Tofu tenders</p>
<p>9 Three Bean Chili / Cornbread / Seasonal Veg / Baked Good</p>	<p>10 Beef Bolognese / Pasta / Italian Salad / Baked Good Veg : Lentil Bolognese</p>	<p>11 BBQ Chicken / Seasonal Vegetables / Mashed Potatoes/ Fruit Veg : BBQ Tofu</p>	<p>12 Turkey Cheddar Sandwiches / Crudite/ Fruit Veg : Hummus and Roasted Vegetable Sandwiches</p>	<p>13 Chicken Fajitas / Seasonal Veg/ Fruit/ Baked Good Veg : Black Bean Fajitas</p>
<p>16 Edamame Pasta Salad with Vegetables/Crudite/ Baked good</p>	<p>17 Chicken Parmesan / Noodles / Seasonal Veg / Baked Good Veg : Eggplant Parmesan</p>	<p>18 Turkey Burgers / Bun / Sweet Potato Fries /Crudite Vegetables/ Baked Good Veg : Meatless Burger</p>	<p>19 Butter Chicken / Rice / Cucumbers/ Fruit Veg : Butter Tofu</p>	<p>20 Coconut Crusted Cod / Roasted Potatoes / Seasonal Veg / Fruit Veg : Coconut Tofu</p>
<p>23 Vegetable Baked Penne/ Romaine Salad/Baked Good</p>	<p>24 Honey Mustard Chicken / Rice / Seasonal Veg / Baked Good Veg : Honey Mustard Tofu</p>	<p>25 Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit Veg : Lentil Drumsticks</p>	<p>26 Cheese and Egg Frittata/ Baked Potato Hash/ Seasonal Vegetables/ Fruit</p>	<p>27 Focaccia Pizza/Crudite Veg/Fruit Veg : Vegetarian Focaccia</p>

