



**MENU**  
THE BEET CAFE



June Menu

<p>6 Chickpea Ranch Wraps / Potato Salad / Oatmeal Cookies</p>	<p>7 Turkey Broccoli Rice Casserole / Seasonal Veg / Fruit  Veg : Red Bean Casserole</p>	<p>8 Chicken Cutlet / Pasta Salad / Seasonal Veg / Pumpkin Spiced Muffins  Veg : Chickpea Cutlet</p>	<p>9 Beef Burger / Bun / Roasted Sweet Potato / Caesar Salad / Fruit  Veg : Beet Burger  <b>VON BBQ Chicken</b></p>	<p>10 Turkey Sausage / Mashed Potato / Green Beans/ Fruit Scones  Veg : Veggie Sausage Patty  <b>VON BBQ Chicken</b></p>
<p>13 Three Bean Chili / Cornbread / Peas / Oatmeal Cookie  <b>VON BBQ Chicken</b></p>	<p>14 Chicken Alfredo / Noodles / Green Salad / Fruit  Veg : White Bean Cacciatore</p>	<p>15 Sloppy Joes / Whole Wheat Bun / Seasonal Veg / Fruit Crisp  Veg : Sloppy Lentil Joes</p>	<p>16 Chicken Parm / Penne / Kale Caesar / Fruit  Veg : Eggplant Parm</p>	<p>17 Coconut Whitefish / Fries / Coleslaw / Brownies  Veg : Coconut Tofu</p>
<p>20 Lentil &amp; Cauliflower Dahl / Naan / Cucumber / Fruit Muffin</p>	<p>21 Turkey Drumsticks / Roast Sweet Potato / Caesar Salad / Fruit  Veg : Beet Patty  <b>Last Day Waldorf</b></p>	<p>22 Chicken Fajitas / Tortilla / Rice / Corn Salad / Pumpkin Cookies  Veg : Tofu Fajitas  <b>Last Day Gibbons</b></p>	<p>23 Meatloaf Cupcakes / Mashed Potato / Seasonal Veg / Fruit  Veg : Lentil Loaf  <b>Last Day Piccadilly</b></p>	<p>24 BBQ Chicken / Cornbread / Green Beans / Brownie  Veg : BBQ Mushroom Patty  <b>Last Day Montessori Last Day Lambeth</b></p>
<p>27 Butternut Squash Mac &amp; Cheese / Kale Caesar / Oatmeal Cookie</p>	<p>28 Chicken Adobo / Fried Rice / Shredded Carrot / Fruit  Veg : Chickpea Adobo</p>	<p>29 Turkey Burgers / Buns / Seasonal Veg / Potato Salad / Macarons  Veg : Beet Burgers</p>	<p>30 Beef Stroganoff / Egg Noodle / Green Salad / Fruit  Veg : Mushroom Goulash  <b>Last Day POTA</b></p>	<p>July 1  <b>Canada Day</b></p>