



MENU

THE BEET CAFE



August Menu

1 CIVIC HOLIDAY	2 Beef Bolognese / Egg Noodles / Kale Slaw / Zucchini Bread Veg : Tofu Bolognese	3 Hot Turkey Sandwiches / Bun / Roasted Veg / Fruit Veg : Mushroom Patty	4 BBQ Chicken / Seasonal Veg / Potato Salad / Fruit Veg : BBQ Tofu	5 Tuna Casserole / Macaroni / Green Salad / Oatmeal Cookies Veg : White Bean Casserole
8 Sweet & Sour Vegetable Stir Fry / Fried Rice / Fruit Cheesecake	9 Chicken Alfredo / Penne / Caesar Salad / Fruit Veg : White Bean Alfredo	10 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Pumpkin Cookie Veg : Beet Burger	11 Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit Veg : Chickpea Ranch Wrap	12 Crispy Fish / Fries / Coleslaw / Fruit Muffins Veg : Crispy Tofu
15 Pizza Pockets / Roasted Veg / Kale Caesar / Carrot Cake	16 Stuffed Turkey Drumsticks / Mashed Potato / Shredded Carrot / Fruit Veg : Lentil Drumsticks	17 Beef Stroganoff / Egg Noodles / Greek Salad/ Pumpkin Spiced Muffin Veg : Mushroom Stroganoff	18 Honey Mustard Chicken / Rice / Coleslaw / Fruit Veg : Honey Mustard Tofu	19 Chicken Fajitas / Tortilla / Corn / Fruit Crisp Veg : Black Bean Fajitas
22 Butternut Mac & Cheese / Seasonal Veg / Chocolate Chip Cookie	23 Turkey Sausage / Perogies / Green Salad / Fruit Veg : Veggie "Sausage" Patty	24 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones Veg : Red Bean Joes	25 Butter Chicken / Naan / Rice / Cucumbers / Fruit Veg : Butter Tofu	26 Chicken Parmesan / Fusilli / Crudit� / Brownies Veg : Eggplant Parmesan
29 Cheese & Bean Quesadilla / Rice / Corn Salad / Macaroon	30 Beef Bolognese / Egg Noodles / Kale Caesar / Zucchini Bread Veg : Tofu Bolognese	31 Hot Turkey Sandwiches / Bun / Roasted Veg / Fruit Veg : Mushroom Patty	1 BBQ Chicken / Seasonal Veg / Potato Salad / Fruit Veg : BBQ Tofu	2 Tuna Casserole / Macaroni / Green Salad / Oatmeal Cookies Veg : White Bean Casserole