



# MENU

THE BEET CAFE



## July Menu

<p>4 Cheese &amp; Bean Quesadilla / Rice / Corn Salad / Macaroon</p>	<p>5 Beef Bolognese / Egg Noodles / Kale Caesar / Zucchini Bread</p> <p>Veg : Tofu Bolognese</p>	<p>6 Hot Turkey Sandwiches / Bun / Roasted Veg / Fruit</p> <p>Veg : Mushroom Patty</p>	<p>7 BBQ Chicken / Seasonal Veg / Potato Salad / Fruit</p> <p>Veg : BBQ Tofu</p>	<p>8 Tuna Casserole / Macaroni / Green Salad / Oatmeal Cookies</p> <p>Veg : White Bean Casserole</p>
<p>11 Tofu Fried Rice / Stir Fry Vegetables / Fruit Cheesecake</p>	<p>12 Chicken Alfredo / Penne / Caesar Salad / Fruit</p> <p>Veg : White Bean Alfredo</p>	<p>13 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Pumpkin Cookie</p> <p>Veg : Beet Burger</p>	<p>14 Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit</p> <p>Veg : Chickpea Ranch Wrap</p>	<p>15 Crispy Fish / Fries / Coleslaw / Fruit Crisp</p> <p>Veg : Crispy Tofu</p>
<p>18 Pizza Pockets / Roasted Veg / Kale Caesar / Carrot Cake</p>	<p>19 Stuffed Turkey Drumsticks / Mashed Potato / Shredded Carrot / Fruit</p> <p>Veg : Lentil Drumsticks</p>	<p>20 Beef Stroganoff / Egg Noodles / Green Salad / Pumpkin Spiced Muffin</p> <p>Veg : Mushroom Stroganoff</p>	<p>21 Honey Mustard Chicken / Rice / Coleslaw / Fruit</p> <p>Veg : Honey Mustard Tofu</p>	<p>22 Chicken Fajitas / Tortilla / Corn / Fruit Muffins</p> <p>Veg : Black Bean Fajitas</p>
<p>25 Butternut Mac &amp; Cheese / Seasonal Veg / Chocolate Chip Cookie</p>	<p>26 Turkey Sausage / Perogies / Green Salad / Fruit</p> <p>Veg : Veggie "Sausage" Patty</p>	<p>27 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones</p> <p>Veg : Red Bean Joes</p>	<p>28 Butter Chicken / Naan / Rice / Cucumbers / Fruit</p> <p>Veg : Butter Tofu</p>	<p>29 Chicken Parmesan / Fusilli / Crudit� / Brownies</p> <p>Veg : Eggplant Parmesan</p>