



MENU
THE BEET CAFE



October Menu

<p>3 Cheese & Bean Quesadilla / Rice / Corn Salad / Macaroon</p>	<p>4 Beef Bolognese / Egg Noodles / Green Salad / Zucchini Bread</p> <p>Veg : Tofu Bolognese</p>	<p>5 Hot Turkey Sandwiches / Bun / Roasted Veg / Fruit</p> <p>Veg : Mushroom Patty</p>	<p>6 BBQ Chicken / Seasonal Veg / Potato Salad / Fruit</p> <p>Veg : BBQ Tofu</p>	<p>7 Tuna Casserole / Macaroni / Kale Slaw / Oatmeal Cookies</p> <p>Veg : White Bean Casserole</p>
<p>10 THANKSGIVING</p>	<p>11 Chicken Alfredo / Penne / Caesar Salad / Fruit</p> <p>Veg : White Bean Alfredo</p>	<p>12 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Pumpkin Cookie</p> <p>Veg : Beet Burger</p>	<p>13 Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit</p> <p>Veg : Chickpea Ranch Wrap</p>	<p>14 Crispy Fish / Fries / Coleslaw / Fruit Crisp</p> <p>Veg : Crispy Tofu</p>
<p>17 Butternut Mac & Cheese / Seasonal Veg / Carrot Cake</p>	<p>18 Stuffed Turkey Drumsticks / Mashed Potato / Shredded Carrot / Fruit</p> <p>Veg : Lentil Drumsticks</p>	<p>19 Beef Stroganoff / Egg Noodles / Coleslaw / Pumpkin Spiced Muffin</p> <p>Veg : Mushroom Stroganoff</p>	<p>20 Honey Mustard Chicken / Rice / Greek Salad / Fruit</p> <p>Veg : Honey Mustard Tofu</p>	<p>21 Chicken Fajitas / Tortilla / Corn / Fruit Muffins</p> <p>Veg : Black Bean Fajitas</p>
<p>24 Pizza Pockets / Roasted Veg / Kale Caesar / Chocolate Chip Cookie</p>	<p>25 Turkey Sausage / Perogies / Green Salad / Fruit</p> <p>Veg : Veggie "Sausage" Patty</p>	<p>26 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones</p> <p>Veg : Red Bean Joes</p>	<p>27 Butter Chicken / Naan / Rice / Cucumbers / Fruit</p> <p>Veg : Butter Tofu</p>	<p>28 Chicken Parmesan / Fusilli / Carrot Salad / Brownies</p> <p>Veg : Eggplant Parmesan</p>
<p>31 Three Bean Chili / Cornbread / Seasonal Veg / Macaroons</p>	<p>1 Beef Taco Meat / Tortilla / Rice / Iceberg Salad / Fruit</p> <p>Veg : Tofu Taco</p>	<p>2 Turkey Meatballs / Pasta Salad / Seasonal Veg / Fruit</p> <p>Veg : Lentil Meatballs</p>	<p>3 Chicken Pot Pie / Kale Caesar / Banana Bread</p> <p>Veg : White Bean Pot Pie</p>	<p>4 Coconut Crusted Fish / Fries / Coleslaw / Fruit</p> <p>Veg : Coconut Tofu</p>