



MENU
THE BEET CAFE



September Menu

<p>5 LABOUR DAY</p>	<p>6 Chicken Alfredo / Penne / Kale Caesar / Fruit Veg : White Bean Alfredo</p>	<p>7 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Pumpkin Cookie Veg : Beet Burger</p>	<p>8 Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit Veg : Chickpea Ranch Wrap</p>	<p>9 Crispy Fish / Fries / Coleslaw / Fruit Muffins Veg : Crispy Tofu</p>
<p>12 Pizza Pockets / Roasted Veg / Caesar Salad / Carrot Cake</p>	<p>13 Stuffed Turkey Drumsticks / Mashed Potato / Shredded Carrot / Fruit Veg : Lentil Drumsticks</p>	<p>14 Beef Stroganoff / Egg Noodles / Greek Salad/ Pumpkin Spiced Muffin Veg : Mushroom Stroganoff</p>	<p>15 Honey Mustard Chicken / Rice / Coleslaw / Fruit Veg : Honey Mustard Tofu</p>	<p>16 Chicken Fajitas / Tortilla / Corn / Fruit Crisp Veg : Black Bean Fajitas</p>
<p>19 Butternut Mac & Cheese / Seasonal Veg / Chocolate Chip Cookie</p>	<p>20 Turkey Sausage / Perogies / Green Salad / Fruit Veg : Veggie "Sausage" Patty</p>	<p>21 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones Veg : Red Bean Joes</p>	<p>22 Butter Chicken / Naan / Rice / Cucumbers / Fruit Veg : Butter Tofu</p>	<p>23 Chicken Parmesan / Fusilli / Carrot Salad / Brownies Veg : Eggplant Parmesan</p>
<p>26 Three Bean Chili / Cornbread / Seasonal Veg / Macaroons</p>	<p>27 Beef Taco Meat / Tortilla / Rice / Iceberg Salad / Fruit Veg : Tofu Taco</p>	<p>28 Turkey Meatballs / Pasta Salad / Seasonal Veg / Fruit Veg : Lentil Meatballs</p>	<p>29 Chicken Pot Pie / Kale Caesar / Fruit Crisp Veg : White Bean Pot Pie</p>	<p>30 Coconut Fish / Fries / Coleslaw / Fruit Veg : Coconut Tofu</p>