



MENU

THE BEET CAFE



May 2022 Menu

<p>2 Three Bean Chili / Cornbread / Peas / Oatmeal Cookie</p>	<p>3 Turkey Sausage / Mashed Potato / Green Bean Salad / Fruit</p> <p>Veg : Veggie Sausage Patty</p>	<p>4 Sloppy Joes / Whole Wheat Bun / Carrots / Fruit Crisp</p> <p>Veg : Sloppy Lentil Joes</p>	<p>5 Chicken Parm / Penne / Kale Caesar / Fruit</p> <p>Veg : Eggplant Parm</p>	<p>6 Lemon Fish / Roasted Potato / Coleslaw / Brownie</p> <p>Veg : Lemon Tofu</p>
<p>9 Lentil & Cauliflower Dahl / Naan / Cucumber / Fruit Muffin</p>	<p>10 Turkey Drumsticks / Roast Sweet Potato / Caesar Salad / Fruit</p> <p>Veg : Beet Patty</p>	<p>11 Chicken Fajitas / Tortilla / Rice / Corn Salad / Pumpkin Cookies</p> <p>Veg : Tofu Fajitas</p>	<p>12 Meatloaf Cupcakes / Mashed Potato / Carrot Salad / Fruit</p> <p>Veg : Lentil Loaf</p>	<p>13 Chicken Cacciatore / Egg Noodles / Green Salad / Fruit Cheesecake</p> <p>Veg : White Bean Cacciatore</p>
<p>16 Butternut Squash Mac & Cheese / Kale Caesar / Oatmeal Cookie</p>	<p>17 Chicken Adobo / Fried Rice / Shredded Carrot / Fruit</p> <p>Veg : Chickpea Adobo</p>	<p>18 Turkey Burgers / Buns / Peas / Potato Salad / Macaroons</p> <p>Veg : Beet Burgers</p>	<p>19 Beef Stroganoff / Egg Noodle / Cucumber Salad / Fruit</p> <p>Veg : Mushroom Stroganoff</p>	<p>20 Coconut Whitefish / Fries / Coleslaw / Fruit Crisp</p> <p>Veg : Coconut Tofu</p>
<p>23 Victoria Day</p>	<p>24 Pineapple Chicken / Stir Fry Veg / Lo Mein / Brownie</p> <p>Veg : Tofu Stir Fry</p>	<p>25 Turkey Pot Pie / Sweet Potato Salad / Zucchini Bread</p> <p>Veg : White Bean Pot Pie</p>	<p>26 Beef Barbacoa / Tortilla / Roasted Veg / Corn Salad / Fruit</p> <p>Veg : Black Bean Mushroom Barbacoa</p>	<p>27 Chicken Caesar Wrap / Green Beans / Potato Salad / Fruit</p> <p>Veg : Chickpea Wrap</p>
<p>30 Tomato Penne Bake / Iceberg Salad / Macaroons</p>	<p>31 Sweet & Sour Chicken / Rice / Shredded Carrot / Fruit Muffins</p> <p>Veg : Sweet & Sour Tofu</p>	<p>June 1 Hot Turkey Sandwich / Cucumbers / Roasted Veg / Fruit</p> <p>Veg : Bean Patty</p>	<p>2 Meatballs / Egg Noodles / Kale Caesar / Fruit</p> <p>Veg : Mushroom Lentil 'Meat'balls</p>	<p>3 Crispy Fish / Fries Coleslaw / Fruit Crisp</p> <p>Veg : Crispy Tofu</p>

