



MENU

THE BEET CAFE



5 Vegetable Baked Penne/ Carrots /Baked Good	6 Meatball With Marinara/Whole Wheat Bun/ Seasonal Vegetable Medley/Fruit Veg: Cauliflower Quinoa Meatballs	7 Turkey Drumsticks / Mashed Potato / Romaine Salad/ Fruit Veg : Lentil Loaf	8 Turkey Sweet Potato Chili / Crispy Tostadas / Crudite/ Fruit Veg: Three Bean Chili	9 Maple Mustard Chicken / Rice / Broccoli / Baked Good Veg : Honey Mustard Tofu Fingers
12 Minestrone Stew/ Garlic Toast/ Fruit	13 Beef Burgers / Bun / Seasonal Vegetable Medley / Baked Good Veg : Veggie Burger	14 Chicken Shawarma/ Pita Bread/Romaine Salad / Baked Good Veg : Falafel	15 Focaccia Cheese Pizza/Crudite/ Ranch Dip/ Fruit	16 Chicken Alfredo / Penne / Caesar Salad / Fruit Veg : White Bean Alfredo
19 Victoria Day	20 Butternut Mac & Cheese / Corn/ Fruit/ Baked Good	21 Chicken Tenders / Roasted Potatoes / Broccoli and Cauliflower/ Baked Good Veg: Tofu Tenders	22 Turkey Cheddar Sandwiches / Crudite/ Fruit Veg : Cocoa Sunbutter and Banana Sandwich (funky monkey)	23 Coconut Crusted Cod / Rice/ Peas / Fruit Veg : Coconut Chickpea Potato Curry
26 Beef Bolognese / Pasta / Italian Salad / Baked Good Veg : Lentil Bolognese	27 Turkey Teriyaki/ Rice / Stir fry Vegetables / Fruit Veg : Tofu Teriyaki	28 Cheese and Egg Frittata/ Baked Potato Hash/ Fruit/ Baked Good	29 Chicken Fajitas / Corn/ Fruit/ Baked Good Veg : Black Bean Fajitas	30 BBQ Chicken / Crudite Vegetables / Mashed Potatoes/ Fruit Veg : BBQ Tofu Bites

