

Menu

the
Beet
Café

NOVEMBER LUNCH MENU

2 Butternut squash mac and cheese/ Greens salad/ Oatmeal cookie	3 Turkey curry/ Rice Pilaf/ Apple wedges/	4 Salmon salad wrap/ Lemon dill carrots/ Fruit/	5 Turkey burger / Cucumbers / Corn/	6 Beef Shepard's Pie / Sweet Potato Topping / Green Beans Fruit Muffin
9 Beef chili/ Corn bread/ Granola Bar	10 Pulled Pork / Broccoli / Coleslaw / Fruit	11 Falafel / Tabouleh / Garlic Lemon Rice / Yogurt Tatziki Fruit Salad	12 Chicken Parmesan / Egg Noodles / Greens Salad / Pear Wedges	13 White fish Cassoulet / French fries / Carrot Cabbage Salad Chocolate Macaroons
16 Red Lentil Cauliflower Dahl / Green Beans / Basmati Rice Carrot Cake Muffin	17 Shepard's Pie / Seasonal Veg / Apple Slices	18 Breaded White Fish / Coleslaw / Peas / Fruit Crisp	19 Turkey Teriyaki / Rice Noodles / Stir Fry Veg / Pineapple	20 Turkey Sausage / Scrambled Egg / Veggie Hashbrowns / Fruit
23 Turkey Soup Casserole / Corn / Kale Salad Pumpkin Spice Cookie	24 Honey Mustard Chicken / Roasted Potatoes / Corn / Apple Sauce	25 Vegetarian Stir Fry with Carrots & Peppers / Jasmine Rice / Orange Segments	26 Chicken Milanese / Green Beans / Greek Salad Fruit Medley	27 Salmon En Crouete / Lemon Dill Sauce / Carrots / Spinach Salad Apple Bars
30 Pineapple Chicken / Jasmine Rice / Kale Salad Oatmeal Date Bites	1	2	3	4

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The Beet is an educational, skill-building project for youth, run by local charity Growing Chefs! Ontario. The project focuses on healthy food preparation, hospitality and business development. Led by some of London's top chefs, youth staff lovingly prepare delicious food, all while learning invaluable life skills.

To learn more visit www.growingchefsontario.ca