



**MENU**  
THE BEET CAFE



November Menu

7 Cheese & Bean Quesadilla / Rice / Corn Salad / Macaroon	8 Beef Bolognese / Egg Noodles / Green Salad / Zucchini Bread  Veg : Tofu Bolognese	9 Hot Turkey Sandwiches / Bun / Roasted Veg / Fruit  Veg : Mushroom Patty	10 BBQ Chicken / Seasonal Veg / Potato Salad / Fruit  Veg : BBQ Tofu	11 Tuna Casserole / Macaroni / Kale Slaw / Oatmeal Cookies  Veg : White Bean Casserole
14 Sweet & Sour Vegetable Stir Fry / Fried Rice / Fruit Cheesecake	15 Chicken Alfredo / Penne / Caesar Salad / Fruit  Veg : White Bean Alfredo	16 Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Pumpkin Cookie  Veg : Beet Burger	17 Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit  Veg : Chickpea Ranch Wrap	18 Crispy Fish / Fries / Coleslaw / Fruit Crisp  Veg : Crispy Tofu
21 Pizza Pockets / Roasted Veg / Kale Caesar / Carrot Cake	22 Stuffed Turkey Drumsticks / Mashed Potato / Shredded Carrot / Fruit  Veg : Lentil Drumsticks	23 Beef Stroganoff / Egg Noodles / Coleslaw / Pumpkin Spiced Muffin  Veg : Mushroom Stroganoff	24 Honey Mustard Chicken / Rice / Greek Salad / Fruit  Veg : Honey Mustard Tofu	25 Chicken Fajitas / Tortilla / Corn / Fruit Cheesecake  Veg : Black Bean Fajitas
28 Butternut Mac & Cheese / Seasonal Veg / Chocolate Chip Cookie	29 Turkey Sausage / Perogies / Green Salad / Fruit  Veg : Veggie "Sausage" Patty	30 Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones  Veg : Red Bean Joes	Dec 1 Butter Chicken / Naan / Rice / Cucumbers / Fruit  Veg : Butter Tofu	Dec 2 Chicken Parmesan / Fusilli / Carrot Salad / Brownies  Veg : Eggplant Parmesan