



MENU
THE BEET CAFE



November 2021

1 Chickpea Wraps / Potato Salad / Oatmeal Cookie	2 Beef Chili / Cornbread / Peas / Fruit Veg : Three Bean Chili	3 Turkey Sausages / Mashed Potato / Green Bean Salad / Brownie Veg : Veggie Sausage	4 Chicken Pasta Primavera / Penne / Greens Salad / Fruit Veg : Tofu Pasta Primavera	5 Coconut Whitefish / Cucumbers / Rice Pilaf / Fruit Scones Veg : Coconut Tofu
8 Eggplant Ziti / Penne / Carrot Salad / Fruit Muffin	9 Turkey Shepherd's Pie / Greens Salad / Fruit Veg : Lentil Shepherd's Pie	10 Beef Burgers / Bun / Green Beans / Fruit Veg : Beet Burger	11 BBQ Chicken / Couscous Salad / Corn / Oatmeal Cookie Veg : BBQ Mushroom Patty	12 Lemon Whitefish / Rice / Coleslaw / Pumpkin Bread Veg : Lemon Tofu
15 Lentil and Cauliflower Dahl / Naan / Cucumbers / Macaroon	16 Turkey Pot Pie / Roasted Sweet Potato / Fruit Veg: White Bean Pot Pie	17 Beef Goulash / Egg Noodles / Corn Salad / Pumpkin Brownie Veg : Mushroom Goulash	18 Sweet & Sour Chicken / Stir Fry Vegetables / Rice / Fruit Veg : Sweet & Sour Tofu	19 Crispy White Fish / Fries / Carrot Salad / Fruit Crisp Veg : Crispy Tofu
22 Falafel / Couscous / Cucumbers / Cheesecake	23 Turkey Chili / Cornbread / Carrots / Fruit Veg : 3 Bean Chili	24 Beef Macaroni Casserole / Greens Salad / Fruit Veg : Mushroom / Tofu Casserole	25 Chicken Caesar Wraps / Potato Salad / Zucchini Bread Veg : Chickpea Caesar Wrap	26 Coconut Whitefish / Rice / Coleslaw / Fruit Scones Veg : Coconut Tofu
29 Cheese & Bean Quesadilla / Rice Pilaf / Peppers / Fruit Muffin	30 Turkey Schnitzel / Egg Noodles / Green Bean Salad / Fruit Veg : Sweet Potato Fritters	1 Swedish Meatballs / Mashed Potato / Carrot Salad / Brownie / Veg : Lentil Meatballs	2 Chicken Cacciatore / Penne / Greens Salad / Oatmeal Cookie Veg : Tofu Cacciatore	3 Lemon Whitefish / Fries / Cucumber Salad / Fruit Crisp Veg : Lemon Tofu