

Menu

the
Beet
Café

October Lunch Menu

5 Chickpea salad wrap Roasted carrots Cucumbers Oatmeal raisin cookies	6 Chicken pesto pasta Seasonal vegetables Fruit	7 Crispy whitefish French fries Cole slaw Melon medley	8 Meatball subs Kale Caesar salad Green beans Apple wedges	9 Turkey shepherd's pie Broccoli Mixed greens salad Carrot cake
12 THANKSGIVING	13 Pork stir-fry Lo Mein noodles Stir fry vegetables Cheesecake cups	14 Sweet potato enchilada Curtido Corn Fruit	15 Chicken noodle soup casserole Seasonal vegetables Pear wedges	16 Lemon whitefish Couscous salad Zucchini Butternut squash brownies
19 Vegetarian curry Rice Granola bars	20 Pizza turnovers Sweet potato fries Caesar salad Pineapple	21 Tuna casserole Kale salad Fruit crumble	22 Turkey burger drumsticks Roasted potatoes Vegetable medley Apple wedges	23 Chicken ranch wrap Glazed root vegetables Fruit
26 Beef Bolognese Whole wheat rotini Mixed greens salad Apple sauce	27 Pork schnitzel Potato salad Braised cabbage Poached pears	28 Vegetarian chili Cornbread Fruit salad	29 BBQ chicken drumsticks Potato wedges Vegetables and dip Fruit turnovers	30 Coconut whitefish Quinoa salad Roasted vegetables Pumpkin loaf

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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