



MENU
THE BEET CAFE



October 2021

<p>4 White Bean Stew / Mashed Potato / Carrot Salad / Oatmeal Cookie</p>	<p>5 Swedish Meatballs / Rice / / Cucumber Salad / Fruit Veg : Lentil Meatballs</p>	<p>6 Chicken Cacciatore / Egg Noodle / Greens Salad / Brownie Veg : Tofu Cacciatore</p>	<p>7 Turkey Burger / Bun / Potato Salad / Green Beans / Fruit Veg : Beet Burger</p>	<p>8 Crispy Whitefish / Fries / Coleslaw / Fruit Scones Veg : Crispy Tofu</p>
<p>11 HOLIDAY</p>	<p>12 Beef Barbacoa / Tortilla / Corn / Peppers / Fruit Veg : Blackbean Mushroom Barbacoa</p>	<p>13 Chicken Parm / Fusilli / Greens Salad / Fruit Veg : Eggplant Parm</p>	<p>14 Turkey Stir Fry / Rice / Cabbage Slaw / Oatmeal Cookie Veg : Tofu Stir Fry</p>	<p>15 Coconut Whitefish / Roasted Sweet Potato / Green Bean Salad / Fruit Crisp Veg : Coconut Tofu</p>
<p>18 Three Bean Chili / Cornbread / Peas / Cheesecake</p>	<p>19 Meatloaf Cupcakes / Mashed Potato / Spinach Salad / Fruit Veg: Lentil Loaf</p>	<p>20 Chicken & Veggies Fajitas / Tortilla / Rice Pilaf / Brownie Veg : Tofu Fajitas</p>	<p>21 Pesto Turkey Penne / Greens Salad / Fruit Crisp Veg : White Bean Pesto Penne</p>	<p>22 Lemon Whitefish / Roasted Potatoes / Carrot Salad / Fruit Scone Veg : Lemon Tofu</p>
<p>25 Black Bean Quesadillas / Rice / Cucumbers / Carrot Muffin</p>	<p>26 Beef Sloppy Joe's / Buns / Sweet Potato Salad / Fruit Veg : Lentil Sloppy Joe's</p>	<p>27 Pineapple Chicken / Lo Mein / Coleslaw / Fruit Veg : Tofu Lo Mein</p>	<p>28 Turkey Mac & Cheese / Spinach Salad / Zucchini Bread Veg : Butternut Squash Mac & Cheese</p>	<p>29 Crispy Whitefish / Fries / Greens Salad / Apple Muffin Veg : Crispy Tofu</p>