

# Menu

the  
**Beet**  
Café

## September Lunch Menu

<b>LABOUR DAY</b>	<b>8</b> Vegetarian quesadilla Corn Cauliflower Cheesecake cups	<b>9</b> BBQ chicken drumsticks Potato salad Seasonal vegetables Apple wedges	<b>10</b> Crispy white fish French fries Coleslaw Fruit	<b>11</b> Sausage and pepper pasta Kale Caesar salad Oatmeal raisin cookies
<b>14</b> Salisbury steak Mashed potato Green beans Apple sauce	<b>15</b> Chicken parmesan Egg noodles Broccoli Chocolate macaroons	<b>16</b> Butternut squash mac and cheese Mixed greens salad Roasted root vegetables Fresh fruit	<b>17</b> Turkey teriyaki Rice Stir fried vegetables Fresh fruit	<b>18</b> Lemon whitefish Quinoa salad Seasonal vegetables Fruit crumble
<b>21</b> Lentil Bolognese Whole wheat rotini pasta Caesar salad Glazed carrots Granola bars	<b>22</b> Beef meatloaf Roasted potatoes Seasonal vegetables Fruit salad	<b>23</b> Coconut whitefish Rice Carrot apple salad Pear wedges	<b>24</b> Pulled pork on a bun Coleslaw Vegetables and dip Chocolate zucchini bread	<b>25</b> Honey mustard chicken drumsticks Sweet potato fries Corn Fruit
<b>28</b> Shepherd's Pie Kale salad Seasonal vegetables Fruit muffins	<b>29</b> Butter turkey Rice Peas Fresh fruit	<b>30</b> 3 bean chili Cornbread Mixed greens salad Melon medley	<b>1</b> Turkey burger drumsticks Potato salad Seasonal vegetables Apple Bars	<b>2</b> Tuna casserole Green beans Fruit crumble

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](http://www.growingchefsontario.ca)



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