



**MENU**  
THE BEET CAFE



September 2021

6 LABOUR DAY	7 Vegetable Curry / Rice / Cucumbers / Oatmeal Cookie	8 Pesto Turkey / Penne / Greens Salad / Brownie  Veg : Pesto White Bean Penne	9 Beef Burger / Bun / Corn Salad / Seasonal Vegetable / Fruit  Veg : Beet Burger	10 Crispy Whitefish / Fries / Coleslaw / Fruit Scones  Veg : Crispy Tofu
13 Cauliflower & Lentil Dahl / Rice Pilaf / Naan / Macaroons	14 Turkey Alfredo / Penne / Greens Salad / Fruit  Veg : Tofu & Mushroom Alfredo	15 Beef Shepherd's Pie / Kale Caesar / Fruit  Veg : Lentil Shepherd's Pie	16 BBQ Chicken Thighs / Sweet Potato Salad / Corn / Oatmeal Cookie  Veg : BBQ Mushroom Patty	17 Coconut Whitefish / Fries / Carrot Cabbage Salad / Fruit Crisp  Veg : Coconut Tofu
20 Falafel / Couscous / Tzatziki Cucumber Salad / Carrot Muffin	21 Beef Goulash / Egg Noodles / Greens Salad / Fruit  Veg : Beet Goulash	22 Sweet & Sour Chicken / Stir Fry Veg / Rice / Brownie  Veg : Sweet & Sour Tofu	23 Turkey Chili / Cornbread / Spinach Salad / Fruit Crisp  Veg : Three Bean Chili	24 Crispy Whitefish / Fries / Greek Salad / Fruit Scone  Veg : Crispy Tofu
27 Chickpea Curry / Rice / Spinach Salad / Cheesecake	28 Beef Macaroni Casserole / Broccoli / Fruit  Veg : Mushroom & Tofu Casserole	29 Chicken Caesar Wraps / Corn / Fruit  Veg : Tofu Caesar Wraps	30 Turkey Schnitzel / Egg Noodle / Pickled Cucumber Salad / Zucchini Bread  Veg : Sweet Potato Fritters	1 Lemon Whitefish / Quinoa Salad / Green Beans / Fruit Muffin  Veg : Lemon Tofu