

# Menu



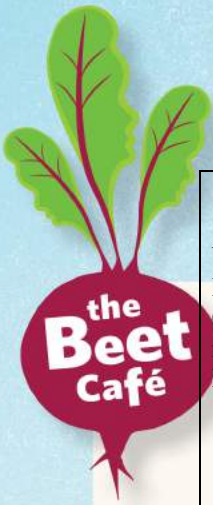
## April Lunch Menu

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| <b>2</b><br><b>Easter Monday</b>  | <b>3</b><br>Turkey taco mac n cheese<br>Garden salad<br>Vegetables and yogurt dip<br>Pineapple<br><b>V:</b> Black bean mac and cheese | <b>4</b><br>Meatball marinara<br>Garlic toast<br>Seasonal vegetables<br>Yogurt "parfait"<br><b>V:</b> Falafel meatloaf             | <b>5</b><br>Sweet and sour - pork<br>Stir fried rice<br>Carrots<br>Oatmeal raisin cookies<br><b>V:</b> Sweet and sour tofu | <b>6</b><br>Cornmeal fish sticks<br>Potato wedges<br>Roasted squash<br>Chocolate macaroons<br><b>V:</b> Cornmeal tofu fingers |
| <b>9</b><br>Vegetable frittata<br>Potato and pepper hash<br>Broccoli<br>Apple wedges                  | <b>10</b><br>Chicken parmesan<br>Egg noodles<br>Caesar salad<br>Pear sauce<br><b>V:</b> Vegetable quesadilla                          | <b>11</b><br>Swedish meatballs<br>Mashed potatoes<br>Honey carrots<br>Butternut squash brownies<br><b>V:</b> Lentil meatballs      | <b>12</b><br>Turkey burger<br>Whole wheat bun<br>Vegetables and yogurt dip<br>Fruit salad<br><b>V:</b> Veggie burger       | <b>13</b><br>Whitefish parmesan<br>Rice<br>Sauteed vegetables<br>Grapes<br><b>V:</b> Chickpea and tomato stew                 |
| <b>16</b><br>Butternut squash mac and cheese<br>Spinach salad<br>Vegetables and hummus<br>Apple sauce | <b>17</b><br>Salisbury steak<br>Roasted potatoes<br>Green beans<br>Sliced melon<br><b>V:</b> Lentil meatloaf                          | <b>18</b><br>Butter turkey<br>Rice pilaf<br>Peas<br>Pear wedges<br><b>V:</b> Butter tofu   | <b>19</b><br>Pork schnitzel<br>Sweet potato wedges<br>Coleslaw<br>Orange wedges<br><b>V:</b> Bean burrito                  | <b>20</b><br>Salmon cakes<br>Kale Caesar salad<br>Herbed potatoes<br>Chocolate pudding<br><b>V:</b> Lentil zucchini pancakes  |
| <b>23</b><br>Lentil tomato bolognese<br>Whole grain pasta<br>Carrot apple salad<br>Granola bars       | <b>24</b><br>Beef chili<br>Corn bread<br>Vegetables and dip<br>Apple wedges<br><b>V:</b> Vegetarian chili                             | <b>25</b><br>Turkey burger "drumstick"<br>Mashed sweet potato<br>Cauliflower<br>Yogurt "parfait"<br><b>V:</b> Vegetable quesadilla | <b>26</b><br>Beef meatloaf<br>Potato salad<br>Seasonal vegetables<br>Fruit salad<br><b>V:</b> Lentil meatloaf              | <b>27</b><br>Tuna pasta bake<br>Garden salad<br>Corn<br>Fruit turnovers<br><b>V:</b> White bean pasta bake                    |

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



# Menu

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|---|--|--|---|--|
| <p><b>30</b><br/>Sweet potato and black bean burrito<br/>Mexican rice<br/>Carrot and zucchini noodles<br/>Pineapple</p> | <p><b>1</b><br/>Beef sloppy joe<br/>Whole wheat bun<br/>Spinach salad<br/>Apple wedges<br/><b>V:</b> 3 bean sloppy joe</p> | <p><b>2</b><br/>Turkey teriyaki<br/>Rice<br/>Stir fried vegetables<br/>Fruit muffins<br/><b>V:</b> Tofu teriyaki</p> | <p><b>3</b><br/>Chicken “noodle soup” pasta<br/>Cucumber salad<br/>Seasonal vegetables<br/>Watermelon<br/><b>V:</b> Vegetable “noodle soup” pasta</p> | <p><b>4</b><br/>Lemon whitefish<br/>Beets and sweet potatoes<br/>Peas<br/>Chocolate zucchini bread<br/><b>V:</b> Vegetarian stew</p> |
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