

# Menu



## April Lunch Menu

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <b>3</b><br>White bean pasta primavera<br>Cucumber and Quinoa salad<br>Broccoli<br>Orange wedges   | <b>4</b><br>Ranch Turkey Wrap<br>Pasta salad<br>Corn<br>Fruit salad                            | <b>5</b><br>Sloppy Joes<br>Whole Wheat Bun<br>Carrots<br>Grapes                   | <b>6</b><br>Sundried tomato chicken thighs<br>Potato and pepper hash<br>Spinach Salad<br>Apple beet sauce | <b>7</b><br>Whitefish parmesan<br>Rice pilaf<br>Peas and Carrots<br>Fruit Muffins  |
| <b>10</b><br>Artichoke and Spinach Lasagna<br>Caesar Salad<br>Cauliflower<br>Melon slices          | <b>11</b><br>Turkey meatball marinara<br>Whole wheat garlic toast<br>Carrots<br>Yogurt parfait | <b>12</b><br>Chicken stew<br>Peas<br>Herbed potatoes<br>Butternut squash brownies | <b>13</b><br>Pork schnitzel<br>Rice<br>Beets<br>Apple wedges  | <b>14</b><br><b>Good Friday</b>  |
| <b>17</b><br><b>Easter Monday</b>  | <b>18</b><br>Turkey burger drumstick<br>Garden Salad<br>Sautéed Vegetables<br>Orange wedges    | <b>19</b><br>Chicken noodle casserole<br>Cucumber Salad<br>Corn<br>Fruit salad    | <b>20</b><br>Beef meatloaf<br>Mashed potatoes<br>Peas<br>Cinnamon apples                                  | <b>21</b><br>Fish Tacos<br>Sweet potato fries<br>Coleslaw<br>Fruit Skewers         |
| <b>24</b><br>Roasted vegetable wrap<br>Chickpea salad<br>Vegetables and yogurt dip<br>Granola Bars | <b>25</b><br>Turkey Teriyaki<br>Rice<br>Stir fried vegetables<br>Grapes                        | <b>26</b><br>Beef chili<br>Zucchini cornbread<br>Broccoli<br>Fruit crisp          | <b>27</b><br>Ginger Chicken thighs<br>Potatoes<br>Carrots<br>Apple and cheese skewers                     | <b>28</b><br>Fish in coconut sauce<br>Rice<br>Steamed vegetables<br>Banana pudding |

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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)