



# Menu

## December Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> Butternut mac n cheese 3 bean salad Beets Apple wedges and yogurt dip	<b>29</b> Ranch turkey wrap Rainbow pasta salad Squash Grapes	<b>30</b> Beef meatballs in mushroom gravy Mashed potatoes Broccoli and cauliflower in cheese sauce Pears	<b>1</b> Sundried tomato chicken thighs Spinach salad Potato and pepper hash Apple sauce	<b>2</b> Whitefish parmesan Rice Vegetable casserole Fruit salad
<b>5</b> Pasta primavera with white beans Garden salad Cauliflower Canned peaches	<b>6</b> Turkey meatball marinara Garlic bread Seasonal veg Yogurt and granola parfait	<b>7</b> Chicken parmesan Egg noodles Kale Caesar salad Apples	<b>8</b> Beef chili Cornbread Peas Pear sauce	<b>9</b> Fish tacos Cucumber quinoa salad Yellow beans Melon slices
<b>12</b> WG pasta marinara Garlic bread Broccoli Apple crisp	<b>13</b> Turkey salad Cucumber salad Baked sweet potato wedges Fruit kebabs	<b>14</b> Honey mustard chicken thighs Rice Root vegetables Grapes	<b>15</b> Pulled pork Whole wheat bun Coleslaw Apple beet sauce	<b>16</b> Lemon tuna burgers Roasted vegetable English muffin Corn Butternut squash brownies

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

<b>19</b> Spinach manicotti Caesar salad Broccoli Pears	<b>20</b> Turkey taco mac n cheese Squash Creamed corn Yogurt and berry parfait	<b>21</b> Pork schnitzel Herbed potatoes Beets Fruit muffins	<b>22</b> Chicken noodle casserole Baked tomatoes Peas and carrots Watermelon	<b>23</b> Roasted turkey Dressing Mashed potatoes Squash puree Scottish short bread
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