

Menu



December Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 Butternut squash mac n cheese Quinoa Tabbouleh Honey Carrots Melon slices	5 Honey mustard Chicken thighs Rice pilaf Peas Apple wedges	6 Pulled Pork Whole wheat bun Coleslaw Pear sauce	7 Chicken noodle soup pasta Vegetables and yogurt dip Caesar salad Fruit salad	8 Cornmeal fish sticks Roasted potatoes Seasonal vegetables Grapes
11 Lentil Bolognese Whole Wheat pasta Garden salad Clementines	12 Turkey meatloaf Herbed potatoes Apple and carrot salad Pear wedges	13 Pork schnitzel Rice Cabbage Butternut squash brownies	14 Beef stew Mashed sweet potatoes Green beans Yogurt "Parfait"	15 Lemon Whitefish Quinoa salad Zucchini and Carrots Fruit crisp
18 Egg salad Whole wheat wrap Lettuce and Tomato Root vegetable slaw Applesauce	19 Butter turkey Rice Peas Clementines	20 Chicken pasta primavera Seasonal vegetables Kale Caesar salad Apple sauce	21 Roast Turkey Mashed potatoes Roasted carrots Gingerbread cake	22 PD DAY
25 Break	26 Break	27 Break	28 Break	29 Break

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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