

Menu



February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
6 White bean pasta primavera Garden salad Squash Canned pears	7 Ranch turkey wrap Roasted potatoes Corn Apple wedges + yogurt dip	8 Sloppy joes Whole wheat bun Carrots Grapes	9 Sundried tomato chicken thighs Potato and pepper hash Spinach salad Fruit salad	10 Whitefish parmesan Rice pilaf Peas and carrots Pear sauce
13 Artichoke and spinach lasagna Caesar salad Broccoli and cauliflower Fruit muffins	14 Turkey meatball marinara Whole wheat garlic toast Carrots Yogurt and berry parfait	15 Chicken stew Peas Herbed potatoes Butternut squash brownies	16 Pork schnitzel Rice Beets Winter fruit salad	17 PD DAY
20 FAMILY DAY	21 Turkey burger drumstick Vegetable crudité Sautéed vegetables Cinnamon apples	22 Chicken noodle casserole Cucumber salad Orange wedges	23 Beef chili Zucchini Cornbread Broccoli Apple crisp	24 Fish tacos Roasted corn salad Kale caesar salad Fruit skewers
27 Roasted vegetable wrap Squash Mixed green salad Granola bars	28 Pancakes Sausage Hash browns Applesauce	1 Shepherds pie Corn Crudite and yogurt dip Cheese and apple skewer	2 Ginger chicken thighs Potatoes Broccoli Fruit salad	3 Fish in coconut sauce Rice Steamed vegetables 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