

Menu



February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Whole grain pasta marinara Chickpea salad Carrots Apple wedges	6 Pulled pork Whole wheat bun Coleslaw Melon slices V: 3 bean sloppy joe	7 Honey mustard chicken thighs Rice pilaf Green beans Chocolate macarons V: Lentil zucchini pancakes	8 Chicken “noodle soup” pasta Kale Caesar salad Seasonal vegetables Yogurt “parfaits” V: Bean and Vegetable “noodle soup” pasta	9 Cornmeal fish sticks Roasted potatoes Peas Grapes V: Cornmeal tofu sticks
12 Butternut squash mac and cheese Garden salad Vegetables and hummus Pear sauce	13 Pancakes Potato and pepper hash Turkey breakfast sausages Fruit salad V: Black bean patty	14 Turkey meatloaf Mashed potatoes Zucchini Fruit muffins V: Lentil meatloaf	15 Pork schnitzel Rice Broccoli and cheese sauce Orange wedges V: Bean burrito	16 PD DAY
19 Family Day	20 Turkey burger “Drumstick” Potato wedges Vegetables and yogurt dip Apple sauce V: Black bean Quesadilla	21 Beef chili Corn bread Seasonal vegetables Pear wedges V: Vegetarian chili	22 Sweet and sour pork Rice pilaf Stir fried carrots Melon slices V: Sweet and sour tofu	23 Lemon whitefish Roasted sweet potatoes Beets Chocolate zucchini bread V: Moroccan chickpea stew
26 Black bean Quesadilla Corn and quinoa salad Roasted carrots Orange wedges	27 Chicken pasta Primavera Garden salad Seasonal vegetables Fruit crisp V: White bean pasta Primavera	28 Turkey Teriyaki Rice stir fried vegetables Yogurt “parfait” V: Tofu Teriyaki	1 Swedish meatballs mashed potatoes Peas Apple bars V: Vegetarian “meatballs”	2 Whitefish parmesan Sweet potato wedges Cauliflower Sliced pineapple V: Lentil zucchini pancake

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

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