

# Menu



## January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8</b> Spinach and artichoke lasagna Caesar salad Cranberry quinoa salad Apple wedges	<b>9</b> Salisbury steak with mushroom gravy Roasted potatoes Green beans Tropical fruit salad <b>V:</b> Lentil loaf	<b>10</b> Chicken Parmesan Egg noodles Broccoli Grapes <b>V:</b> Black bean quesadilla	<b>11</b> Beef stew Root vegetable medley Peas and carrots Butternut squash brownies <b>V:</b> Vegetable and bean stew	<b>1</b> Fish in coconut sauce Rice pilaf Zucchini Melon slices <b>V:</b> Chickpea and tomato stew
<b>15</b> Vegetarian chili Cornbread Seasonal vegetables Pear sauce	<b>16</b> Tomato Bolognese Whole wheat pasta Vegetables and hummus dip Apple bars <b>V:</b> Lentil Bolognese	<b>17</b> Turkey burger "drumsticks" Roasted sweet potato Peas Clementines <b>V:</b> Falafel's	<b>18</b> Sweet and sour pork Rice Stir fried vegetables Yogurt "parfait" <b>V:</b> Sweet and sour tofu	<b>19</b> Fish tacos Wraps Pineapple salsa Cucumber salad Granola bars <b>V:</b> Black bean burritos
<b>22</b> Spinach Manicotti Garden salad Ratatouille Banana bread	<b>23</b> Beef meatloaf Mashed potatoes Honey carrots Apple sauce <b>V:</b> Lentil loaf	<b>24</b> Honey mustard chicken thighs Rice corn Fruit salad <b>V:</b> Honey mustard tofu	<b>25</b> Pulled pork Whole wheat bun Coleslaw Oatmeal raisin cookies <b>V:</b> 3 bean sloppy Joe	<b>26</b> Tuna pasta bake Chickpea salad Cauliflower Pear wedges <b>V:</b> White bean pasta bake
<b>29</b> Breakfast burrito Wraps Potato and pepper hash Spinach salad Pineapple	<b>30</b> Baked pork chop Cous cous salad Vegetable Medley Clementines <b>V:</b> Black bean quesadilla	<b>31</b> Turkey teriyaki Fried Rice Stir Fried Vegetables Fruit muffins <b>V:</b> Tofu teriyaki	<b>1</b> Swedish meatballs Roasted sweet potato wedges Apple Carrot Salad Yogurt "Parfait" <b>V:</b> Vegetarian meatballs	<b>2</b> Whitefish Parmesan Herbed potato Spinach salad Grapes <b>V:</b> Lentil zucchini pancakes

.....

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)