

Menu



June Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 White bean pasta primavera Cucumber and quinoa salad Broccoli Orange wedges	6 Ranch turkey wrap Pasta salad Corn Fruit salad	7 Beef chili Zucchini cornbread Peas Fruit crisp	8 Ginger chicken thighs Potato and pepper hash Spinach salad Grapes	9 Fish tacos Sweet potato fries Coleslaw Fruit skewers
12 Artichoke and spinach Lasagna Caesar salad Cauliflower Melon slices	13 Turkey burgers Whole wheat bun Carrots Yogurt parfait	14 Chicken stew Peas Herbed potatoes strawberries	15 Pork schnitzel Rice Green beans Apple wedges	16 White fish parmesan Zucchini Pasta salad Granola bars
19 Roasted vegetable wrap Chickpea salad Vegetables and yogurt dip Chocolate pudding	20 Turkey burger drumstick Garden salad Sautéed vegetables Orange wedges	21 Chicken noodle casserole Cucumber salad Corn Fruit salad	22 Ginger chicken thighs Potatoes Carrots Apple and cheese skewers	23 Fish in coconut sauce Rice Steamed vegetables Grapes
26	27	28	29	30

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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