



Menu

September Lunch Menu

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| 5 <i>Labour Day</i> | 6 Turkey fingers Boiled potatoes Broccoli Peaches | 7 Shepherd's Pie Mixed greens with lemon vinaigrette Cauliflower Grapes | 8 Ginger chicken thighs Quinoa salad Ratatouille Applesauce | 9 Fish in coconut sauce Rice Sautéed seasonal vegetables Pears |
| 12 Artichoke & spinach lasagna Squash Peas Fruit Salad | 13 Turkey teriyaki Rice Carrots Apple wedges & yogurt dip | 14 Salisbury steak Spinach mashed potatoes Cauliflower & broccoli with cheese sauce Nectarines | 15 Beef sloppy joes Whole wheat buns Corn Melon salad | 16 Cornmeal parmesan fish sticks Baked potato wedges Coleslaw Blueberry yogurt parfait |
| 19 Black bean burritos Corn quinoa salad Sautéed seasonal vegetables Apple beet sauce | 20 Butter turkey with rice Naan bread Cauliflower Pear sauce | 21 Beef meatloaf Smashed potatoes Green beans Peaches | 22 Sweet and sour pork Rice Cucumber salad Watermelon | 23 Salmon quinoa burgers Whole wheat buns Corn Grapes |
| 26 Tofu with carrot sauce Rice Broccoli au gratin Apples | 27 Turkey meatloaf Whole wheat bread Sautéed seasonal vegetables Mixed berries and yogurt | 28 Bolognese meat sauce Whole wheat spaghetti Peas and carrots Fruit kebabs | 29 Chicken pot pie Mixed greens salad Squash Cantaloupe | 30 Tuna salad wrap Quinoa salad Cucumber pickles Grapes |

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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



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October Lunch Menu

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| 3 Spinach manicotti Chickpea salad Carrot salad Pears | 4 Cucumber ranch turkey wrap Caesar salad Baked tomatoes Apple wedges & yogurt dip | 5 Meatballs with mushroom gravy Mashed potatoes Broccoli & cauliflower with cheese sauce Fruit salad | 6 Chicken with sundried tomato sauce Potato pepper hash Spinach salad Applesauce | 7 Broiled whitefish parmesan Rice Seasonal vegetable tian House-made canned peaches |
| 10 <i>Thanksgiving</i> | 11 Turkey meatballs in marinara Whole wheat garlic bread Sautéed seasonal vegetables Grapes | 12 Chicken parmesan Egg noodles Kale Caesar salad Apples | 13 Beef chili Cornbread muffins Corn Grapes | 14 Fish tacos in whole wheat wraps Mixed greens salad Broccoli Melon slices |
| 17 Whole grain spaghetti with housemade tomato sauce Carrot apple salad Green beans Apple crisp | 18 Turkey taco mac 'n' cheese Creamed corn Squash Fruit salad | 19 Honey mustard chicken Rice Roasted root vegetables Grapes | 20 Pulled pork Whole wheat buns Creamy coleslaw Apple crisp | 21 Salmon fish cakes Rice and peas Roasted beets Pears |
| 24 Sesame ginger tofu stir fry Rice Roasted pumpkin Apple pear salad with yogurt dressing | 25 Turkey salad Whole wheat pitas Cucumber salad Fruit kebabs | 26 Creamy chicken noodle casserole Carrots Peas Melon | 27 Schnitzel Potatoes Cauliflower & broccoli with cheese sauce Applesauce | 28 Lemon garlic tuna cakes Roasted vegetables on English muffins Kale salad Apples and grapes |

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