

Menu



the
Beet
Café

March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Spinach and artichoke lasagna Caesar salad Roasted carrots Apple wedges	6 Beef sloppy joe Whole wheat bun Vegetables and yogurt dip Fruit salad V: 3 bean sloppy joe	7 Baked pork chop Rice pilaf Seasonal vegetables Fruit muffins V: Chickpea and tomato stew	8 Chicken parmesan Egg noodles Peas Yogurt "parfait" V: Lentil zucchini pancake	9 Pineapple chicken skewers pasta salad Caesar salad Watermelon skewers V: Pineapple tofu skewers
12 March Break	13 March Break	14 March Break	15 March Break	16 March Break
19 March Break	20 March Break	21 March Break	22 March Break	23 March Break
26 Vegetarian chili Cornbread Garden salad Pear wedges	27 Honey mustard chicken thighs Roasted potatoes Green beans Melon slices V: Tofu fingers with honey mustard dipping sauce	28 Salisbury steak Sweet potato wedges Broccoli Apple bars V: Lentil loaf	29 Turkey burger whole wheat bun Vegetables and yogurt dip Orange wedges V: Black bean burger	30 Good Friday

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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