

# Menu



## March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b> Butternut squash mac and cheese Carrots Chickpea salad Apple wedges and yogurt dip	<b>7</b> Butter Turkey Rice Peas Orange wedges	<b>8</b> Pulled pork Whole wheat bun Corn Cole slaw Rainbow fruit kebabs	<b>9</b> Chicken parmesan Egg noodles Broccoli Fruit crisp	<b>10</b> Cornmeal Parmesan fish sticks Roasted potato wedges Grapes
<b>13</b> March break 13 - 24	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>20</b>	21	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b> Egg salad wrap Quinoa tabbouleh Vegetables and yogurt dip Fruit muffins	<b>28</b> Turkey Burgers Whole wheat bun Carrots Melon slices	<b>29</b> Bolognese meat sauce Whole grain pasta peas Apple beet sauce	<b>30</b> Sweet and sour pork Rice pilaf Stir fried vegetables Yogurt parfait	<b>31</b> Fish tacos Corn Seasonal vegetables Granola Bars

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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](http://www.growingchefsontario.ca)