

# Menu



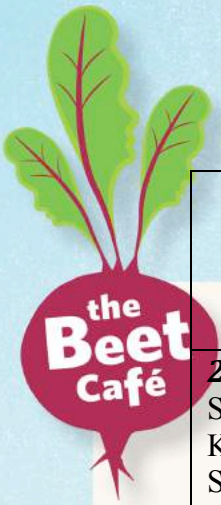
## May Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Spinach pesto pasta Carrots Chickpea salad Apple wedges + yogurt dip	<b>2</b> Butter turkey Rice Peas Orange wedges	<b>3</b> Chicken pot pie Sweet potato wedges Garden salad Fruit kebabs	<b>4</b> Salisbury steak Spinach mashed potatoes Broccoli Fruit muffins	<b>5</b> Cornmeal parmesan fish sticks Rice pilaf Seasonal vegetables Grapes
<b>8</b> Black bean burritos Vegetables and yogurt dip Spinach salad Apple Sauce	<b>9</b> Chicken parmesan Egg noodles Corn Fruit crisp	<b>10</b> Pulled pork Whole wheat bun Zucchini Melon slices	<b>11</b> Bolognese meat sauce Whole grain pasta Caesar salad Carrots Yogurt and fruit parfait	<b>12</b> Tuna salad wraps Roasted potato wedges Cucumber salad Fruit salad
<b>15</b> Butternut squash mac n cheese 3 Bean salad Green beans Apple bars	<b>16</b> Turkey salad wraps Vegetables and yogurt dip Rice pilaf Grapes	<b>17</b> Chicken cacciatore Herbed potatoes Peas and carrots Apples	<b>18</b> Sweet and sour pork Rice Stir fried vegetables Granola bars	<b>19</b> Salmon patties Spinach salad Beets Cheese and apple skewer

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)

# Menu



<b>22</b> Spinach manicotti Kale Caesar salad Seasonal vegetable Apple beet sauce	<b>23</b> Turkey teriyaki Stir fried vegetables Fried rice Fruit salad	<b>24</b> Baked pork chop Mashed potatoes Asparagus Carrot cake	<b>25</b> Honey mustard chicken thighs Broccoli au gratin Roasted root vegetables Fruit turnovers	<b>26</b> Fish pot pie Garden salad Roasted potatoes Oranges
<b>29</b> Vegetable and potato frittata Carrot and apple salad Peas Yogurt parfait	<b>30</b> Turkey meatloaf Vegetables and yogurt dip Baked French fries Melon salad	<b>31</b> Sundried tomato chicken thighs Potato and pepper hash Spinach salad Fruit muffins	<b>1</b> Sloppy joes Whole wheat bun Corn Grapes	<b>2</b> Whitefish parmesan Rice pilaf Peas and carrots Fruit crisp

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