



# Menu

## September Lunch Menu

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

# Menu

the  
**Beet**  
Café

## October Lunch Menu

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  <i>PD Day</i>
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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