

Menu



September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labour Day	4 Chicken Parmesan Egg Noodles Broccoli Apple wedges	5 Pork chop Sweet potato wedges Green Beans Watermelon	6 Salisbury steak Mashed potatoes Seasonal vegetables Oatmeal raisin cookies	7 Cornmeal crusted fish sticks Rice pilaf Cauliflower Grapes
10 Vegetarian chili Cornbread Cucumbers Pineapple	11 Turkey burger Whole wheat bun Vegetables and dip Fruit muffins	12 Beef meatloaf Herb Potato Honey carrots Honeydew	13 Pesto chicken pasta Garden salad Peas Pear wedges	14 Parmesan whitefish Corn Potato salad Cantaloupe
17 Spinach Lasagna Caesar salad Carrot sticks Granola bars	18 Pulled pork Whole wheat bun Coleslaw Apple wedges	19 Butter turkey Rice pilaf Seasonal vegetables Apple Sauce	20 Beef stew mashed potato Carrot apple salad Yogurt parfait	21 Tuna salad Pita pockets Tabbouleh Watermelon
24 Vegetable and bean quesadilla Vegetables and sour cream dip Corn and quinoa salad Pineapple	25 Sloppy Joe Whole wheat bun Garden salad Banana bread	26 Sausage and spinach frittata Potato and pepper hash Baked tomato Orange wedges	27 Turkey meatloaf cupcake Roasted potatoes Seasonal vegetables Melon salad	28 Lemon and parsley whitefish Polenta triangles Green beans 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