

Menu



September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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4 LABOUR DAY	5 Chicken parmesan Garden salad Corn Grapes	6 Salisbury steak Mashed potatoes Broccoli Fruit muffins	7 Bolognese meat sauce Whole grain pasta Caesar salad Carrots Yogurt and fruit parfait	8 Fish pot pie Roasted potato wedges Cucumber salad Fruit salad
11 White bean pasta primavera Corn on the cob Spinach salad Apple and beet Sauce	12 Turkey burgers Whole wheat buns Vegetables and yogurt dip Sliced melon	13 Chicken cacciatore Herbed potatoes Peas and carrots Fruit crisp	14 Pesto chicken pasta Garden salad Carrots Apple wedges	15 Fish in coconut sauce Spinach salad Rice Yogurt parfait
18 Artichoke and spinach lasagna Broccoli Garden salad Peaches	19 Pulled pork Whole wheat bun Seasonal vegetables Fruit salad	20 Honey mustard chicken thighs Broccoli au gratin Roasted sweet potatoes Melon slices	21 Baked pork chop Rice Seasonal vegetables Carrot cake	22 White fish parmesan Peas Herbed potato Watermelon

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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



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25 Vegetable and potato frittata Carrot and apple salad Corn Yogurt parfait	26 Sloppy Joes Whole wheat bun Vegetables and yogurt dip Apple wedges	27 Sundried tomato chicken thighs Potato and pepper hash Spinach salad Fruit muffins	28 Meatball subs Whole wheat bun Caesar salad Water melon	29 Fish tacos Rice pilaf Coleslaw Fruit crisp
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