



Menu

November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31 Pasta primavera with white beans Garlic bread Maple glazed butternut squash Apple crisp	1 Turkey burger drumsticks Boiled potatoes Broccoli Peaches	2 Chicken stew Mixed greens lemon vinaigrette Cauliflower Butternut Squash Brownies	3 Ginger chicken thighs Herb Roasted Potatoes Ratatouille Applesauce	4 Salmon quinoa burgers Whole wheat buns Corn pears
7 Artichoke & spinach lasagna Squash Peas Fruit Salad	8 Turkey teriyaki Rice Carrots Apple wedges & yogurt dip	9 Salisbury steak Spinach mashed potatoes Cauliflower & broccoli with cheese sauce grapes	10 Peruvian roasted chicken thighs Caesar Salad Egg noodles Cheesecake Cups	11 Parmesan fish sticks Baked potato wedges Coleslaw Blueberry yogurt parfait
14 Black bean burritos Corn quinoa salad Sautéed seasonal vegetables Apple beet sauce	15 Butter turkey with rice Naan bread Cauliflower Watermelon	16 Beef meatloaf mashed potatoes Green beans Carrot cake	17 Sweet and sour pork Rice Cucumber salad Pear sauce	18 Fish in coconut sauce Rice Sautéed seasonal vegetables Pumpkin Spice Cookies

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



Menu

21 Tofu with carrot sauce Rice Broccoli au gratin Apples	22 Turkey meatloaf Whole wheat bread Sautéed seasonal vegetables Mixed berries and yogurt	23 Bolognese meat sauce Whole wheat spaghetti Peas and carrots Fruit kebabs	24 Chicken cacciatore Mixed greens salad Squash Cantaloupe	25 Fish pot pie Brown Rice Pilaf Stir-Fried Carrots Scottish Shortbread
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