



# Menu

## January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9</b> Butternut squash mac and cheese Carrots Chickpea salad Apple wedges and yogurt dip	<b>10</b> Turkey burger drumsticks Mashed potatoes Peas and corn Fruit muffins	<b>11</b> Shepherds pie Mixed greens with lemon vinaigrette Yellow beans Mandarin oranges	<b>12</b> Ginger chicken thighs Roasted potatoes Broccoli Applesauce	<b>13</b> Fish in coconut sauce Rice Sautéed seasonal vegetables Pears
<b>16</b> Quiche Corn Caesar salad Butternut squash brownies	<b>17</b> Turkey Teriyaki Rice Stir fried carrots Fruit salad	<b>18</b> Baked pork chop Spinach mashed potatoes Broccoli au gratin Apple beet sauce	<b>19</b> Beef sloppy joes Whole wheat bun Green beans Grapes	<b>20</b> Cornmeal parmesan fish sticks Polenta Coleslaw Strawberry yogurt parfait
<b>23</b> Black bean burritos Corn and quinoa salad Sautéed seasonal vegetables Apple bars	<b>24</b> Butter turkey Rice Squash Pear sauce	<b>25</b> Zucchini beef meatloaf Mashed potatoes Peas Tropical fruit salad	<b>26</b> Sweet and sour pork Rice pilaf Stir fried vegetables Apples and yogurt dip	<b>27</b>
<b>30</b> Hummus vegetable wrap Vegetables and yogurt dip Bean salad Apple crisp	<b>31</b> Turkey meatloaf Whole wheat garlic toast Sautéed seasonal vegetables Mixed berries and yogurt	<b>1</b> Bolognese meat sauce Whole wheat spaghetti Peas and carrots Rainbow fruit kebabs	<b>2</b> Chicken stew With potatoes Mixed greens salad Baked squash Orange wedges	<b>3</b> Tuna salad Whole wheat wrap Carrot apple salad 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)