



Menu

October lunch menu

1 White bean alfredo sauce Whole grain pasta Green beans Honeydew	2 Meatball sub Whole wheat bun Caesar salad Fruit muffins	3 Sweet and sour pork Rice Broccoli Pineapple	4 Roast Turkey with gravy Mashed potato Carrots and parsnips Butternut squash brownies	5 PD DAY
8 THANKSGIVING	9 Beef chili Cornbread Vegetables and dip Fruit salad	10 Turkey burger drumstick Carrots Baked potato wedges Cantaloupe	11 Chicken pasta primavera Garden salad Cucumbers Apple wedges	12 Coconut fish Rice pilaf Seasonal vegetables Grapes
15 Egg salad Pita Pockets Spinach salad Shortbread	16 Chicken parmesan Egg noodles Peas Pear wedges	17 Swedish meatballs Mashed potatoes Seasonal vegetables Oatmeal cookies	18 Turkey teriyaki Fried rice Stir fried Vegetables Orange wedges	19 Fish cakes Baked sweet potato wedges Kale caesar salad Watermelon
22 Tomato pepper bake with eggs Naan bread Chickpea salad Melon medley	23 Chicken stew Cheddar biscuits Vegetables and dip Yogurt "parfait"	24 Sausage patties Roasted potato Butternut squash Apple bars	25 Turkey burger Whole wheat bun Broccoli Pineapple	26 Tuna pasta bake Seasonal vegetables Cauliflower Honeydew
29 Butternut squash mac and cheese Cauliflower Carrot apple salad Cantaloupe	30 Pulled pork Whole wheat bun Coleslaw Apple wedges	31 Honey mustard chicken thighs Roasted sweet potato Carrot sticks Fruit salad	1 Beef Stroganoff Mashed potatoes Peas Watermelon	2 Cornmeal crusted fish sticks Tartar sauce Rice Green beans Grapes

.....

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

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