

# Menu



## October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Butternut squash mac n cheese Vegetables and hummus Caesar salad Pear sauce	<b>3</b> Chicken burritos Herbed potatoes Corn Apple brownies	<b>4</b> Sweet and sour pork Rice pilaf Beets Fruit salad	<b>5</b> Turkey salad wrap Garden salad Sweet potato wedges Oatmeal cookies	<b>6</b> Cornmeal fish sticks Carrot and apple salad Pasta salad Melon slices
<b>9</b> <b>PD DAY</b>	<b>10</b> Beef chili Zucchini cornbread Vegetables and yogurt dip Fruit crisp	<b>11</b> Butter turkey Rice Seasonal vegetables Pear wedges	<b>12</b> Chicken pasta primavera Garden salad Peas Apple wedges	<b>13</b> Lemon whitefish Roasted potatoes Seasonal vegetables Yogurt parfait
<b>16</b> Black bean quesadilla Rice pilaf Seasonal vegetables Apple beet sauce	<b>17</b> Chicken "noodle soup" pasta Vegetables and yogurt dip Seasonal vegetables Fruit muffins	<b>18</b> Turkey meatloaf Caesar salad Roasted sweet potatoes Melon slice	<b>19</b> Beef stew Mashed potatoes Green beans Apple wedges	<b>20</b> Salmon cakes Spinach salad Rice pilaf Squash brownies

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)



# Menu

<b>23</b> Lentil bolognaise tomato sauce Whole grain pasta Mixed green salad Fruit crisp	<b>24</b> Chicken pot pie Corn Roasted potatoes Apple beet sauce	<b>25</b> Shepherd's pie Seasonal vegetables Spinach salad Watermelon slices	<b>26</b> Turkey burgers Whole wheat bun Vegetables and yogurt dip Pear wedges	<b>27</b> White fish with pineapple salsa Vegetable medley Rice Peaches
<b>30</b> Spinach manicotti 3 bean salad Seasonal vegetables Pear sauce	<b>31</b> Pulled Pork Whole wheat bun Coleslaw Apple wedges	<b>1</b> Salisbury steak Mashed potatoes Cauliflower Yogurt parfaits	<b>2</b> Pork schnitzel Cabbage Rice pilaf Grapes	<b>3</b> Fish stew Puff pastry biscuit Green beans Fruit salad

.....

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)