

Menu



April Lunch menu

1 Veggie chili Cornbread Vegetables and dip Granola bars	2 Chicken parmesan Egg noodles Broccoli Apple wedges	3 Turkey teriyaki Rice Stir fried carrots Cantaloupe	4 Beef stew Focaccia bread Green beans Pineapple	5 Creamy red pepper fish Roasted potato Caesar salad Grapes
8 Butternut mac and cheese 3 bean salad Roasted root vegetables Honeydew	9 Butter turkey Rice Peas Yogurt parfait	10 Salisbury steak Mashed potato Seasonal vegetables Watermelon	11 Sausage patties Roasted sweet potato Cauliflower Fruit salad	12 Cornmeal crusted fish sticks Coleslaw Pasta salad Pear wedges
15 Black bean quesadilla Cucumbers Quinoa salad Apple wedges	16 Chicken alfredo Whole grain pasta Vegetables and dip Green beans Fruit muffins	17 Sweet and sour pork Rice Stir fried vegetables Pineapple	18 Turkey meatball marinara Whole wheat bun Kale caesar salad Carrots Grapes	19 GOOD FRIDAY
22 EASTER MONDAY	23 Chicken pasta primavera Vegetables and dip Garden salad Cantaloupe	24 Turkey "burger" drumstick Baked french fries Cucumbers Chocolate macaroons	25 Chicken cacciatore Rice Carrots Honey dew	26 Lemon crusted whitefish Herb potato Seasonal vegetables Apple wedges
29 Lentil bolognese Whole grain pasta Spinach salad Corn Fruit salad	30 Chicken stew Garlic biscuit Green bean salad Carrot cake	1 Swedish meatballs Mashed potato Peas Grapes	2 Turkey taco mac and cheese Baked sweet potato fries Broccoli Pineapple	3 Parmesan whitefish Cauliflower Cucumbers 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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