

Menu



February Lunch Menu

4 Blackbean quesadilla Quinoa salad Carrots Oatmeal cookies	5 Chicken Parmesan Egg noodles Caesar salad Apple wedges	6 Turkey teriyaki Rice Stir fried carrots Cheesecake cups	7 Beef stew Herb potato Green beans Honey dew	8 Lemon whitefish Polenta triangles Beets Grapes
11 Lentil bolognese Whole grain pasta Broccoli Spinach salad Cantaloupe	12 Salisbury steak Roasted potato Vegetables and dip Chocolate macaroons	13 Turkey burger "drumstick" Sweet potato fries Cauliflower Pineapple	14 Red velvet french toast Maple syrup Turkey breakfast sausage Baked tomato Fruit salad	15 PD DAY
18 FAMILY DAY	19 Honey mustard chicken thighs Roasted sweet potato Seasonal vegetables Pear wedges	20 Beef meatball marinara Whole wheat garlic bread Cucumbers Watermelon	21 Butter turkey Rice Peas Fruit muffins	22 Mediterranean whitefish Tabbouleh Carrot sticks Apple wedges
25 Pasta primavera Chickpea salad Seasonal vegetables Granola bars	26 Beef chili Cornbread Garden salad Melon medley	27 Sausage patties Potato and pepper hash Butternut squash Pineapple	28 Chicken Cacciatore Rice Broccoli Poached pears	1 Fish cakes Tartar sauce Baked french fries Seasonal vegetables 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