



Menu

4 Butternut squash mac and cheese Honey carrots Cucumbers Black bean brownies	5 Pancakes Potato hash Turkey breakfast sausage Fruit salad	6 Honey mustard chicken thighs Roasted sweet potato Broccoli Honeydew	7 Pulled pork Whole wheat bun Coleslaw Corn Pear wedges	8 Italian sausage Macaroni salad Caesar salad Cheesecake cups
11 March break	12 March break	13 March break	14 March break	15 March break
18 March break	19 March break	20 March break	21 March break	22 March break
25 Pasta primavera Caesar salad Chickpea salad Pineapple	26 Beef sloppy Joe Whole wheat bun Vegetables and dip Seasonal vegetables Oatmeal cookies	27 Butter turkey Rice pilaf Peas Apple wedges	28 Pork schnitzel Roasted potato Green beans Cantaloupe	29 Parmesan whitefish Rice Cauliflower 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