

Menu



May lunch menu

6 Sweet potato and black bean taquito Salsa Garden salad Corn Oatmeal cookies	7 Beef bolognese Whole grain pasta Vegetables and dip Broccoli Apple wedges	8 Turkey sausage and kale frittata Roasted sweet potato Green bean salad Pineapple	9 Pork schnitzel Mashed potato Peas Water melon	10 Fried perch Caesar salad Rice pilaf Grapes
13 White bean pasta primavera Cucumbers Rutabaga Cantaloupe	14 Italian sausage Rice Pilaf Braised cabbage Granola bars	15 Cornmeal chicken fingers Roast potato Seasonal vegetable Honeydew	16 Beef sloppy joe Whole wheat bun Carrot sticks Cauliflower Fruit salad	17 PD DAY
20 Victoria Day	21 Sausage and pepper pasta Kale caesar salad Vegetables and dip Cheesecake cups	22 Beef stroganoff Mashed potato Asparagus Pear wedges	23 Turkey meatloaf cupcake Scalloped potatoes Seasonal vegetable Yogurt parfait	24 Fish cakes Tartar sauce Rice Broccoli Orange wedges
27 Spinach Lasagna White bean and corn succotash Seasonal vegetable Chocolate macaroons	28 Pulled pork Whole wheat bun Spinach salad Cauliflower Watermelon	29 Beef chili Cornbread Braised radish Apple wedges	30 Honey mustard chicken thighs Rice Stir fried carrots Strawberry crumble	31 Parmesan perch Baked sweet potato fries 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



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