

Menu



September Lunch menu

2 Labour Day	3 Beef lasagna Caesar salad Vegetables and dip Sliced melon	4 Butter turkey Rice Peas Oatmeal cookies	5 Chicken Parmesan Egg noodles Broccoli Pineapple	6 Lemon Perch Sweet potato fries Seasonal vegetables Fruit salad
9 Vegetable frittata Potato bread Seasonal vegetables Yogurt parfait	10 Pulled pork Whole wheat bun Coleslaw Cucumber salad Apple wedges	11 Turkey teriyaki Rice Stirfry vegetables Butternut squash brownies	12 BBQ chicken drumsticks Potato salad Green beans Watermelon	13 Crispy Perch Couscous salad Seasonal vegetables Grapes
16 Black bean sweet potato toquitos Salsa Corn and quinoa salad Seasonal vegetables Blueberry crumble	17 Turkey meatball marinara Whole wheat rottiini Carrots Cantaloupe	18 Sesame glazed perch Rice Seasonal vegetables Honeydew	19 Beef Chili Cornbread Cauliflower Chocolate macaroons	20 Pizza turnovers Potato wedges Caesar Salad Fruit Salad
23 Chickpea salad pita pockets Carrot sweet potato au gratin Seasonal vegetables Melon medley	24 Chicken pasta primavera Peas Vegetables and dip Apple pear sauce	25 Fish cakes Rice pilaf Green bean salad Cheesecake cups	26 Beef sloppy joes Whole wheat bun Coleslaw Seasonal vegetables Orange Wedges	27 Turkey burger drumsticks Roasted potato Greens salad Pear wedges
30 Black bean quesadillas Spanish rice Corn Chocolate pudding	1 Beef Stew Mashed potatoes Broccoli Apple wedges	2 Turkey Burgers Whole wheat bun Seasonal vegetables Caesar salad Banana bread	3 Chicken pesto pasta Green beans Carrot sticks Cantaloupe	4 Coconut cream perch Rice Seasonal vegetables Pineapple

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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