

Menu



<p>3 Spinach mac and cheese Garden salad 3 bean salad Pear wedges</p>	<p>4 Turkey burger Whole wheat bun Vegetables and dip Peas Chocolate macaroons</p>	<p>5 Beef stew Mashed potato Green beans Apple wedges</p>	<p>6 BBQ chicken drumsticks Rice pilaf Cauliflower Pineapple</p>	<p>7 Cornmeal crusted perch Roasted sweet potato Asparagus Grapes</p>
<p>10 Lentil bolognese Whole grain pasta Kale caesar salad corn Honeydew</p>	<p>11 Chicken parmesan Herb potato Broccoli Banana bread</p>	<p>12 Turkey teriyaki Fried rice Stir fried carrots Cantaloupe</p>	<p>13 Salisbury steak Roast potato Cauliflower Fruit salad</p>	<p>14 Butternut squash and apple perch Rice Seasonal vegetables Watermelon</p>
<p>17 Black bean quesadilla salsa Cucumbers Taco salad Granola bars</p>	<p>18 Beef chili cornbread Vegetables and dip Apple wedges</p>	<p>19 Sausage patties Mashed potato Broccoli Pear wedges</p>	<p>20 Butter Turkey Rice Carrots and peas Yogurt parfait</p>	<p>21 Pizza turnover Caesar salad Pickled beets Strawberries</p>

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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