



MENU

THE BEET CAFE



December

1 Lemon Basil Rainbow Rotini/ Cucumbers/ Baked Good	2 Beef Bulgogi/Rice/ Carrots and Cucumber/ Fruit Veg: Tempeh Bulgogi	3 Salmon/ Potato Wedges /Seasonal Veg / Fruit Veg : Lentil Croquette	4 Maple Mustard Chicken / Rice / Seasonal Veg / Fruit Veg : Honey Mustard Tofu Fingers	5 Chicken Chickpea Salad/Whole Wheat Bun/Crudite and Ranch/ Baked Good Veg: Chickpea Salad
8 Vegetable Jambalaya/ Corn/ Baked Good	9 Beef Sweet Potato Chili / Crispy Tostadas / Ranch Salad/ Fruit Veg: Three Bean Chili	10 Whole Wheat Roasted Chicken and Cheddar Wraps/ Crudite/ Fruit/ Veg : Whole Wheat Hummus, Cheddar and Vegetable Wraps	11 Lemon Souvlaki Chicken/Pita/Greek Salad/Fruit Veg: Paneer Lemon Souvlaki	12 Chicken Adobo/ Rice / Pineapple and Cucumber/ Baked Good Veg: Tempeh Adobo
15 Butternut Mac & Cheese / Spinach and Crunchy Chickpea Salad/ Seasonal Veg / Baked Good	16 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit Veg : Refried Beans Taco	17 Coconut Crusted Cod / Potatoes/ Seasonal Veg / Fruit Veg : Coconut Chickpea Curry	18 Chicken Cheddar Sandwiches / Crudite with Ranch/ Fruit Veg : Cocoa Sunbutter and Banana Sandwich (funky monkey)	19 Turkey/ Mashed Potatoes/Seasonal Vegetables / Baked Good Veg : Lentil vegetable loaf
22	23	24	25	26

Chickpea and Vegetable Tagine/Couscous /Baked Good	Beef Bolognese / Pasta / Caesar Salad / Fruit Veg : Lentil Bolognese	Turkey Burgers / Bun/ Crudite Vegetables/ Fruit Veg : Meatless Burger		
29	30	31	1	2