



MENU

THE BEET CAFE



January

5 Lemon Basil Rainbow Rotini/ Cucumbers/ Baked Good	6 Beef Bulgogi/Rice/ Carrots and Cucumber/ Fruit Veg: Tempeh Bulgogi	7 Salmon/ Potato Wedges /Seasonal Veg / Fruit Veg : Lentil Croquette	8 Maple Mustard Chicken / Rice / Seasonal Veg / Fruit Veg : Honey Mustard Tofu Fingers	9 Chicken Chickpea Salad/Whole Wheat Bun/Crudite and Ranch/ Baked Good Veg: Chickpea Salad
12 Vegetable Jambalaya/ Corn/ Baked Good	13 Beef Sweet Potato Chili / Crispy Tostadas / Ranch Salad/ Fruit Veg: Three Bean Chili	14 Chicken Salad Sandwich/ Crudite/ Fruit/ Veg : Chickpea Salad	15 Lemon Souvlaki Chicken/Pita/Greek Salad/Fruit Veg: Paneer Lemon Souvlaki	16 Chicken Adobo/ Rice / Pineapple and Cucumber/ Baked Good Veg: Tempeh Adobo
19 Butternut Mac & Cheese / Seasonal Veg / Baked Good	20 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit Veg : Refried Beans Taco	21 Coconut Crusted Cod / Potatoes/ Seasonal Veg / Fruit Veg : Coconut Chickpea Curry	22 Chicken Cheddar Sandwiches / Crudite with Ranch/ Fruit Veg : Cocoa Sunbutter and Banana Sandwich (funky monkey)	23 Chicken Shawarma/ Pita Bread/Romaine Salad / Baked Good Veg : Falafel
26 Chickpea and Vegetable Tagine/Couscous /Baked Good	27 Beef Bolognese / Pasta / Caesar Salad / Fruit Veg : Lentil Bolognese	28 Turkey Burgers / Bun/ Crudite Vegetables/ Fruit Veg : Meatless Burger	29 Sweet and Sour Chicken/Rice/ Broccoli/Fruit	30 BBQ Chicken / Seasonal Vegetables / Mashed Potatoes/ Baked Good

			Veg: Sweet and Sour Tofu	Veg : BBQ Tofu Bites Lambeth PD Day Waldorf PD Day
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