



MENU

THE BEET CAFE



3 Vegetable Jambalaya/ Corn/ Baked Good	4 Beef Sweet Potato Chili / Crispy Tostadas / Ranch Salad/ Fruit Veg: Three Bean Chili	5 Chicken Salad Sandwich/ Crudite/ Fruit/ Veg : Chickpea Salad	6 Lemon Souvlaki Chicken/Pita/Greek Salad/Fruit Veg: Paneer Lemon Souvlaki	7 Chicken Adobo/ Rice / Pineapple and Cucumber/ Baked Good Veg: Tempeh Adobo
10 Butternut Mac & Cheese / Spinach and Crunchy Chickpea Salad/ Seasonal Veg / Baked Good	11 Beef Tacos/ Tortilla / Rice / Seasonal Veg / Fruit Veg : Refried Beans Taco	12 Coconut Crusted Cod / Potatoes/ Seasonal Veg / Fruit Veg : Coconut Chickpea Curry	13 Chicken Cheddar Sandwiches / Crudite with Ranch/ Fruit Veg : Cocoa Sunbutter and Banana Sandwich (funky monkey)	14 Chicken Shawarma/ Pita Bread/Romaine Salad / Baked Good Veg : Falafel
17 Chickpea and Vegetable Tagine/Couscous /Baked Good	18 Beef Bolognese / Pasta / Caesar Salad / Fruit Veg : Lentil Bolognese	19 Turkey Burgers / Bun/ Crudite Vegetables/ Fruit Veg : Meatless Burger	20 Sweet and Sour Chicken/Rice/ Broccoli/Fruit Veg: Sweet and Sour Tofu	21 BBQ Chicken / Seasonal Vegetables / Mashed Potatoes/ Baked Good Veg : BBQ Tofu Bites
24 BBQ Jackfruit and Tempeh sloppy Joes/ Whole Wheat Bun/	25 Meatball With Marinara/Pasta/ Seasonal Vegetables/Fruit	26 Carrot Rice with Beef/Seasonal vegetables/ Fruit	27 Butter Chicken / Rice /Seasonal Vegetables/ Fruit	28 Chicken Alfredo / Penne / Italian Salad / Baked Good

Cucumbers/Baked Good	Veg: Cauliflower Quinoa Meatballs	Veg: Carrot Rice with Lentils	Veg : Chana Masala	Veg : White Bean Alfredo
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