



MENU

THE BEET CAFE



30 Vegetable Jambalaya/ Corn/ Baked Good Hospital: Corn Salad	1 Lemon Souvlaki Chicken/Pita/Greek Salad/Baked Good Veg: Paneer Lemon Souvlaki Hospital: Potatoes	2 Beef Burgers / Bun/Potato Wedges /Caesar Salad/ Fruit Veg : Meatless Burger Munchkin: Chk'n nuggets	3 Turkey Sweet Potato Chili / Crispy Tostadas / Crudite/ Fruit Veg: Three Bean Chili:	4 Chicken Chickpea Salad/Whole Wheat Bun/Crudite and Ranch/Fruit Veg: Chickpea Salad
7 Vegetable Baked Penne/ Corn and Edamame /Baked Good Hospital: Pesto primavera, Chicken, Edamame Salad	8 Whole Wheat Roasted Chicken and Cheddar Wraps/ Fruit/ Crudite Veg : Whole Wheat Hummus, Cheddar and Vegetable Wraps	9 Cheesy Egg Bites/Breakfast Potatoes/Fruit Salad/Zucchini Muffins Munchkin: Cottage Cheese Banana Pancakes/Fruit Salad/Zucchini Muffins	10 Sweet and Sour Chicken/Rice/ Broccoli/Fruit Veg: Sweet and Sour Tofu	11 Focaccia Cheese Pizza/Crudite/ Ranch Dip/ Fruit
14 Lemon Basil Rainbow Rotini/ Cucumbers/ Baked Good Hospital: Meatballs, Garden Salad	15 Butter Chicken / Rice / Cucumbers/ Fruit Veg : Chana Masala Hospital: Cucumber salad	16 Meatball With Marinara/Whole Wheat Bun/ Broccoli/Fruit Veg: Cauliflower Quinoa Meatballs	17 Chicken Adobo/ Rice / Salad/ Baked Good Veg: Tempeh Adobo	18 Chicken Shawarma/ Pita Bread/Romaine Salad / Baked Good Veg : Falafel

21 Chickpea and Vegetable Tagine/Couscous /Baked Good	22 Turkey Tacos/ Tortilla / Rice / Corn / Fruit Veg : Refried Beans Taco Hospital: Taco Bowl	23 Cheese Arepas/Black Beans and Sweet Potatoes/ Cucumbers/Fruit	24 Beef Bulgogi/Rice/ Carrots and Cucumber/ Fruit Veg: Tempeh Bulgogi	25 Roasted Chicken and Cheddar Sandwiches / Crudite / Baked Good Veg : Cocoa Sunbutter and Banana Sandwich (funky monkey)
28 Lentil Bolognese / Pasta / Italian Salad / Baked Good Hospital: Beef Boognese/Spaghetti	29 BBQ Chicken / Crudite Vegetables / Mashed Potatoes/ Fruit Veg : BBQ Chk'n Tofu Bites	30 Chicken Fajitas / Corn/ Fruit/ Baked Good Veg : Black Bean Fajitas	31 Lemon Herb Chicken/Rice and Peas/Caesar Salad/Fruit Veg: Paneer Coconut Curry	1 Sushi Rice/Salmon/Cucumbers and Carrots with Seaweed/Fruit Veg: Edamame and Tofu
4 Vegetable Jambalaya/ Corn/ Baked Good	5 Lemon Souvlaki Chicken/Pita/Greek Salad/Baked Good Veg: Paneer Lemon Souvlaki	5 Beef Burgers / Bun/Potato Wedges /Caesar Salad/ Fruit Veg : Meatless Burger Munchkin: Chk'n nuggets	7 Turkey Sweet Potato Chili / Crispy Tostadas / Crudite/ Fruit Veg: Three Bean Chili:	8 Chicken Chickpea Salad/Whole Wheat Bun/Crudite and Ranch/Fruit Veg: Chickpea Salad
11 Vegetable Baked Penne/ Corn and Edamame /Baked Good	12 Whole Wheat Roasted Chicken and Cheddar Wraps/ Fruit/ Crudite Veg : Whole Wheat Hummus, Cheddar and Vegetable Wraps	13 Cheesy Egg Bites/Breakfast Potatoes/Fruit Salad/Zucchini Muffins Munchkin: Cottage Cheese Banana Pancakes/Fruit Salad/Zucchini Muffins	14 Sweet and Sour Chicken/Rice/ Broccoli/Fruit Veg: Sweet and Sour Tofu	15 Focaccia Cheese Pizza/Crudite/ Ranch Dip/ Fruit

18 Lemon Basil Rainbow Rotini/ Cucumbers/ Baked Good	19 Butter Chicken / Rice / Cucumbers/ Fruit Veg : Chana Masala	20 Meatball With Marinara/Whole Wheat Bun/ Broccoli/Fruit Veg: Cauliflower Quinoa Meatballs	21 Chicken Adobo/ Rice / Salad/ Baked Good Veg: Tempeh Adobo	22 Chicken Shawarma/ Pita Bread/Romaine Salad / Baked Good Veg : Falafel
25 Chickpea and Vegetable Tagine/Couscous /Baked Good	26 BBQ Chicken / Crudite Vegetables / Mashed Potatoes/ Fruit Veg : BBQ Chk'n Tofu Bites	27 Beef Bulgogi/Rice/ Carrots and Cucumber/ Fruit Veg: Tempeh Bulgogi	28 Cheese Arepas/Black Beans and Sweet Potatoes/ Cucumbers/Fruit	29 Sushi Rice/Salmon/Cucum bers and Carrots with Seaweed/Fruit Veg: Edamame and Tofu