

# Little Angel November 2018 Menu

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

05 **AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W V Cheesiest Pizza  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 NEW W Apple + Raisin  
 Mini Empanadas

12 **Closed**

19 **Closed**

26 **AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W Natural Chicken Tenders  
 V Cheesiest Pizza  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Sweet Potato Mini  
 Empanadas

06 **AM Snack**  
 W Home Baked Raspberry  
 and Vanilla Yogurt Breakfast  
 Bread  
 Whole Fresh Fruit  
**Lunch**  
 NEW W Chicken and  
 Vegetable Stew with brown  
 rice  
 V Vegetable and Tofu Stew  
 with Brown Rice  
 Fresh Fruit  
**PM Snack**  
 W Home Baked Orange Tea  
 Biscuit  
 Whole Fresh Fruit

13 **AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 Spaghetti & Turkey Meatballs  
 V Red Bean Spaghetti  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Cheddar Cheese Melts

20 **Closed**

27 **AM Snack**  
 W Home Baked Lemon Poppy  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 W Hungarian Turkey Goulash  
 V Hungarian Tofu Goulash  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 NEW W Dried Fruit  
 Focaccia Squares  
 String Cheese

07 **AM Snack**  
 W Home Baked WG Pancakes  
 Fresh Strawberry Compote  
**Lunch**  
 Homemade Turkey Meatloaf  
 V BBQ Tofu  
 W Whole Grain Roll  
 Roasted Yukon Gold Potatoes  
 Succotash Salad  
**PM Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

14 **AM Snack**  
 W Home Baked Oatmeal  
 Buttermilk Biscuit  
 Fresh Strawberry Compote  
**Lunch**  
 W V Whole Wheat Cheese  
 and Bean Baby Burrito  
 Roasted Sweet Potatoes  
 Creamy Cabbage Coleslaw  
**PM Snack**  
 NEW W Home Baked Lemon  
 Poppy Tea Biscuit  
 Whole Fresh Fruit

21 **Closed**

28 **AM Snack**  
 NEW W Raspberry + Cocoa  
 Waffles  
 Fresh Strawberry Compote  
**Lunch**  
 NEW W Yogurt Chicken  
 Curry with brown rice  
 V Cheesiest Pizza  
 Roasted Red Potatoes  
 Pea Salad  
**PM Snack**  
 W Home Baked Raspberry  
 Rolla Roll  
 Whole Fresh Fruit

01 **AM Snack**  
 NEW W Home Baked  
 Raspberry Yogurt Muffin  
 Whole Fresh Fruit  
**Lunch**  
 V Vegetable Egg Frittata  
 W WW Tortilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Soft Cheese Filled Pretzel  
 Stick

08 **AM Snack**  
 W Home Baked Confetti  
 Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W Fiesta Chicken Burrito  
 V Brown Rice + Beans  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 NEW W Chefables Vanilla  
 Yogurt  
 W Yummy Granola

15 **AM Snack**  
 W Home Baked Blueberry Oat  
 Bran Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W V Toasted Cheese  
 Sandwich on Fresh Focaccia  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 NEW W Chefables Vanilla  
 Yogurt  
 W Yummy Granola

22 **Closed**

29 **AM Snack**  
 W Home Baked Ginger Bread  
 Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W Cold Asian Chicken Pasta  
 Salad  
 V Cold Asian Tofu Pasta Salad  
 Fresh Fruit  
**PM Snack**  
 NEW W Chefables Vanilla  
 Yogurt  
 W Yummy Granola

02 **AM Snack**  
 W Home Baked Bagel  
 Whole Fresh Fruit  
**Lunch**  
 NEW W Stuffed Homemade  
 Beef, Cheese + Scallion Bun  
 V Cheesiest Pizza  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Home Baked Delimanjoo  
 Whole Fresh Fruit

09 **AM Snack**  
 W Home Baked Onion Poppy  
 Seed Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W Natural Chicken Tenders  
 V Cheesiest Pizza  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W WOW Butter Filled Stick

16 **AM Snack**  
 W Home Baked Cranberry  
 Orange Bagel  
 Whole Fresh Fruit  
**Lunch**  
 BYO Roasted Chicken Tacos  
 V BYO BBQ Lentil Tacos  
 W WW Tortilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 NEW W Home Baked  
 Cinnamon Raisin Monkey  
 Bread  
 Whole Fresh Fruit

23 **Closed**

30 **AM Snack**  
 W Home Baked French Toast  
 Bagel  
 Whole Fresh Fruit  
**Lunch**  
 NEW W BYO Beef, Cilantro +  
 Corn Tacos  
 V BYO BBQ Lentil Tacos  
 W WW Tortilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Chicken Salad  
 V String Cheese  
 W Sweet Potato Roll

### Notes

• Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.



Just some of the vegetables this month Artichoke, arugula, Asian green, avocado, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots cauliflower, celery, chard, collard greens, cucumber, kale, leeks, lettuce, mushroom, okra, onion, parsnip, peas, peppers, potato, radishes, rhubarb, rutabaga, scallions, spinach, winter squash, sunchokes, sweet potato, tomatillo, tomatoes, turnips



Just some of the fruits this month Apples, Asian pear, cactus pear, dates, grapes, guava, kiwi, kumquats, lemons, limes, mandarins, oranges, pear, persimmons, plums, pomegranates, pomelo, quince, strawberries

NEW = New menu offering W = Whole Grain Rich V = Vegetarian Menu Option