

Little Angel January 2019 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

0 **AM Snack**
7 **Lunch**
NEW **PM Snack**

w Breakfast Cereal
Whole Fresh Fruit
Homemade Roasted Lamb Sandwich with Chimichurri Sauce
V BBQ Lentils
w Whole Grain Roll
Steamed Vegetables
Fresh Fruit
Dried Plum + Poppy Seed Mini Empanadas

1 **AM Snack**
4 **Lunch**
w Cheesiest Pizza
Steamed Vegetables
Fresh Fruit
PM Snack
w Raspberry Apple Mini Empanadas

2 **Closed**

2 **AM Snack**
8 **Lunch**
NEW **PM Snack**

w Breakfast Cereal
Whole Fresh Fruit
Homemade BBQ Shredded Pork Sandwich
V BBQ Lentils
w Mini Hoagie Roll
Steamed Vegetables
Fresh Fruit
Apple + Raisin Mini Empanadas

0 **Closed**

0 **AM Snack**
8 **Lunch**
Spaghetti & Turkey Meatballs
V Red Bean Spaghetti
Steamed Vegetables
Fresh Fruit
PM Snack
w Cheddar Cheese Melts

1 **AM Snack**
5 **Lunch**
Turkey Spaghetti Bolognese
V Red Bean Bolognese
Steamed Vegetables
Fresh Fruit
PM Snack
w Dried Fruit Focaccia Squares
String Cheese

2 **AM Snack**
2 **Lunch**
w Stuffed Homemade BBQ Chicken Bun
V Brown Rice + Beans
Steamed Vegetables
Fresh Fruit
PM Snack
String Cheese
w Home Baked Graham Crackers

2 **AM Snack**
9 **Lunch**
Turkey Sloppy Joes
V Tofu Sloppy Joes
w Whole Grain Bun
Steamed Vegetables
Fresh Fruit
PM Snack
WOW Butter
Baby Carrots

0 **Closed**

0 **AM Snack**
9 **Lunch**
BYO BBQ Chicken Tacos
V BBQ Beans
w WW Tortilla
Roasted Sweet Potatoes
Succotash Salad
PM Snack
w Homemade "POP" Rice
Whole Fresh Fruit

1 **AM Snack**
6 **Lunch**
w Home Baked French Toast Sticks
Fresh Strawberry Compote
PM Snack
w Whole Wheat Cheese and Bean Baby Burrito
Roasted Red Potatoes
Pea Salad
PM Snack
Chicken Salad
V String Cheese
NEW w Greek Style Yogurt Roll

2 **AM Snack**
3 **Lunch**
w Home Baked All Oat Pancake
Fresh Strawberry Compote
PM Snack
w Brazilian Cheese and Coconut Stick

3 **AM Snack**
0 **Lunch**
w Home Baked Oatmeal
Buttermilk Biscuit
Fresh Strawberry Compote
PM Snack
w Vegetable Egg Frittata
w WW Tortilla
Roasted Red Potatoes
Pea Salad
PM Snack
w Homemade "POP" Rice
Whole Fresh Fruit

0 **Closed**

1 **AM Snack**
0 **Lunch**
w Coconut Chicken Curry with brown rice
V Coconut Curry Tofu served with Brown Rice
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

1 **AM Snack**
7 **Lunch**
w Home Baked Corn Grits + Cheddar Cheese Muffin
Whole Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

2 **AM Snack**
4 **Lunch**
w Home Baked Blueberry Oat Bran Muffin
Whole Fresh Fruit
PM Snack
w Beef + Cheese Burrito
V Cheesiest Pizza
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

3 **AM Snack**
1 **Lunch**
NEW w Home Baked Banana Muffin
Whole Fresh Fruit
PM Snack
V Mac and Cheese
Steamed Vegetables
Fresh Fruit
PM Snack
Chefables Vanilla Yogurt
W Yummy Granola

0 **Closed**

1 **AM Snack**
1 **Lunch**
w Home Baked Parmesan Cheese Bagel
Whole Fresh Fruit
PM Snack
Homemade Turkey Meatloaf
V BBQ Tofu
w Whole Grain Roll
Steamed Vegetables
Fresh Fruit
PM Snack
w Home Baked Cinnamon Raisin Monkey Bread
Whole Fresh Fruit

1 **AM Snack**
8 **Lunch**
w Home Baked Poppy Seed Bagel
Whole Fresh Fruit
PM Snack
w Natural Chicken Tenders
V Spinach + Cheese Ravioli
Steamed Vegetables
Fresh Fruit
PM Snack
w Home Baked Lemon Tea Biscuit
Whole Fresh Fruit

2 **AM Snack**
5 **Lunch**
w Home Baked Asiago Bagel
Whole Fresh Fruit
PM Snack
w Cilantro Turkey Teriyaki Meatballs served with brown rice
V Teriyaki Red Beans and Brown Rice
Steamed Vegetables
Fresh Fruit
PM Snack
w Soft Plain Pretzel Stick
Whole Fresh Fruit

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: Asian greens, beets, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, chard, collard greens, celery, ginger root, kale, leeks, lettuces, mushrooms, mustard greens, onion, parsnips, potatoes, radicchio, radishes, rutabagas, scallions, spinach, sprouts, sunchoke, shallots, squash (winter), sweet potato, turnips

 Just some of the fruits this month: Apple, Asian pear, dates, kiwi, pear, persimmon, Cherimoyas, Citrons, Grapefruit, kumquat, lemon, limes, mandarin, oranges, pomelos

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