

Little Angel January 2019 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

<p>0 AM Snack W Breakfast Cereal Whole Fresh Fruit</p> <p>Lunch NEW Homemade Roasted Lamb Sandwich with Chimichurri Sauce V BBQ Lentils W Whole Grain Roll Steamed Vegetables Fresh Fruit</p> <p>PM Snack W Dried Plum + Poppy Seed Mini Empanadas</p>	<p>0 Closed</p> <p>1</p> <p>0 AM Snack NEW W Home Baked Yogurt Ginger Raisin Breakfast Bread Whole Fresh Fruit</p> <p>Lunch Spaghetti & Turkey Meatballs V Red Bean Spaghetti Steamed Vegetables Fresh Fruit</p> <p>PM Snack W Cheddar Cheese Melts</p>	<p>0 Closed</p> <p>2</p> <p>0 AM Snack W Whole Grain Lemon Waffles Fresh Strawberry Compote</p> <p>Lunch BYO BBQ Chicken Tacos V BBQ Beans W WW Tortilla Roasted Sweet Potatoes Succotash Salad</p> <p>PM Snack W Homemade "POP" Rice Whole Fresh Fruit</p>	<p>0 Closed</p> <p>3</p> <p>1 AM Snack W Home Baked Carrot Muffin Whole Fresh Fruit</p> <p>Lunch W Coconut Chicken Curry with brown rice V Coconut Curry Tofu served with Brown Rice Steamed Vegetables Fresh Fruit</p> <p>PM Snack Chefables Vanilla Yogurt W Yummy Granola</p>	<p>0 Closed</p> <p>4</p> <p>1 AM Snack W Home Baked Parmesan Cheese Bagel Whole Fresh Fruit</p> <p>Lunch Homemade Turkey Meatloaf V BBQ Tofu W Whole Grain Roll Steamed Vegetables Fresh Fruit</p> <p>PM Snack W Home Baked Cinnamon Raisin Monkey Bread Whole Fresh Fruit</p>
<p>1 AM Snack W Breakfast Cereal Whole Fresh Fruit</p> <p>Lunch W V Cheesiest Pizza Steamed Vegetables Fresh Fruit</p> <p>PM Snack W Raspberry Apple Mini Empanadas</p>	<p>1 AM Snack 5 NEW W Home Baked Lemon Ricotta Breakfast Bread Whole Fresh Fruit</p> <p>Lunch Turkey Spaghetti Bolognese V Red Bean Bolognese Steamed Vegetables Fresh Fruit</p> <p>PM Snack W Dried Fruit Focaccia Squares String Cheese</p>	<p>1 AM Snack 6 W Home Baked French Toast Sticks Fresh Strawberry Compote</p> <p>Lunch W V Whole Wheat Cheese and Bean Baby Burrito Roasted Red Potatoes Pea Salad</p> <p>PM Snack Chicken Salad V String Cheese NEW W Greek Style Yogurt Roll</p>	<p>1 AM Snack 7 NEW W Home Baked Corn Grits + Cheddar Cheese Muffin Whole Fresh Fruit</p> <p>Lunch V Mac and Cheese Steamed Vegetables Fresh Fruit</p> <p>PM Snack Chefables Vanilla Yogurt W Yummy Granola</p>	<p>1 AM Snack 8 W Home Baked Poppy Seed Bagel Whole Fresh Fruit</p> <p>Lunch W Natural Chicken Tenders V Spinach + Cheese Ravioli Steamed Vegetables Fresh Fruit</p> <p>PM Snack W Home Baked Lemon Tea Biscuit Whole Fresh Fruit</p>
<p>2 Closed</p> <p>1</p>	<p>2 AM Snack W Breakfast Cereal Whole Fresh Fruit</p> <p>Lunch W Stuffed Homemade BBQ Chicken Bun V Brown Rice + Beans Steamed Vegetables Fresh Fruit</p> <p>PM Snack String Cheese W Home Baked Graham Crackers</p>	<p>2 AM Snack 3 W Home Baked All Oat Pancake Fresh Strawberry Compote</p> <p>Lunch W V Toasted Cheese Sandwich on Fresh Focaccia Roasted Sweet Potatoes Creamy Cabbage Coleslaw</p> <p>PM Snack W Brazilian Cheese and Coconut Stick</p>	<p>2 AM Snack 4 W Home Baked Blueberry Oat Bran Muffin Whole Fresh Fruit</p> <p>Lunch W Beef + Cheese Burrito V Cheesiest Pizza Steamed Vegetables Fresh Fruit</p> <p>PM Snack Chefables Vanilla Yogurt W Yummy Granola</p>	<p>2 AM Snack 5 W Home Baked Asiago Bagel Whole Fresh Fruit</p> <p>Lunch W Cilantro Turkey Teriyaki Meatballs served with brown rice V Teriyaki Red Beans and Brown Rice Steamed Vegetables Fresh Fruit</p> <p>PM Snack W Soft Plain Pretzel Stick Whole Fresh Fruit</p>
<p>2 AM Snack 8 W Breakfast Cereal Whole Fresh Fruit</p> <p>Lunch NEW Homemade BBQ Shredded Pork Sandwich V BBQ Lentils W Mini Hoagie Roll Steamed Vegetables Fresh Fruit</p> <p>PM Snack W Apple + Raisin Mini Empanadas</p>	<p>2 AM Snack 9 W Home Baked Raspberry Cocoa Breakfast Bread Whole Fresh Fruit</p> <p>Lunch Turkey Sloppy Joes V Tofu Sloppy Joes W Whole Grain Bun Steamed Vegetables Fresh Fruit</p> <p>PM Snack WOW Butter Baby Carrots</p>	<p>3 AM Snack 0 W Home Baked Oatmeal Buttermilk Biscuit Fresh Strawberry Compote</p> <p>Lunch V Vegetable Egg Frittata W WW Tortilla Roasted Red Potatoes Pea Salad</p> <p>PM Snack W Homemade "POP" Rice Whole Fresh Fruit</p>	<p>3 AM Snack 1 NEW W Home Baked Banana Muffin Whole Fresh Fruit</p> <p>Lunch V Mac and Cheese Steamed Vegetables Fresh Fruit</p> <p>PM Snack Chefables Vanilla Yogurt W Yummy Granola</p>	

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, sunchokes, 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