

# Little Angel May 2019 Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

06 **AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W Natural Chicken Tenders  
 V Spinach + Cheese Ravioli  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Raspberry Apple Mini  
 Empanadas

13 **AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 BYO Roasted Chicken Tacos  
 V BYO BBQ Lentil Tacos  
 W WW Tortilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Dried Plum + Poppy Seed  
 Mini Empanadas

20 **AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W Chinese Chicken Stir Fry  
 with brown rice  
 V Chinese Tofu Stir Fry with  
 brown rice  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Maple Butternut Squash  
 Mini Empanadas

27 **Closed**

07 **AM Snack**  
 W Home Baked Lemon  
 Apricot Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 W Stuffed Homemade  
 Chicken, Cheese + Scallion  
 Bun  
 V Cheese Quesadilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

14 **AM Snack**  
 W Home Baked Toasted  
 Coconut Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 Turkey + Red Bean Chili  
 V BBQ Beans  
 W Home Baked Corn Bread  
 Muffin  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

21 **AM Snack**  
 W Home Baked Carrot  
 Ginger Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 V Mac and Cheese  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 WOW Butter  
 Baby Carrots

28 **AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W Natural Chicken Tenders  
 V Cheesiest Pizza  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 String Cheese  
 W Home Baked Graham  
 Crackers

01 **AM Snack**  
 W Home Baked French Toast  
 Sticks  
 Fresh Strawberry Compote  
**Lunch**  
 W V Cheesiest Pizza  
 Roasted Yukon Gold Potatoes  
 Creamy Cabbage Coleslaw  
**PM Snack**  
 Chicken Salad  
 V String Cheese  
 W Home Baked WG Crackers

08 **AM Snack**  
 NEW W Home Baked WG  
 Cinnamon Maple Pancakes  
 Fresh Strawberry Compote  
**Lunch**  
 W V Three Cheese Burrito  
 Roasted Sweet Potatoes  
 Pea Salad  
**PM Snack**  
 W Home Baked Raspberry  
 Roll Roll  
 Whole Fresh Fruit

15 **AM Snack**  
 W Home Baked Buttermilk  
 Lemon Biscuit  
 Fresh Strawberry Compote  
**Lunch**  
 W V Whole Wheat Cheese  
 and Bean Baby Burrito  
 Roasted Yukon Gold Potatoes  
 Creamy Cabbage Coleslaw  
**PM Snack**  
 String Cheese  
 W Home Baked Graham  
 Crackers

22 **AM Snack**  
 W Whole Grain Lemon  
 Waffles  
 Fresh Strawberry Compote  
**Lunch**  
 Turkey Sloppy Joe Stuffed Bun  
 V Cheesiest Pizza  
 Roasted Red Potatoes  
 Pea Salad  
**PM Snack**  
 W Soft Cheese Filled Pretzel  
 Stick

29 **AM Snack**  
 W Home Baked WG Corn  
 Pancakes  
 Fresh Strawberry Compote  
**Lunch**  
 Homemade Turkey Meatloaf  
 V BBQ Tofu  
 W Whole Grain Roll  
 Roasted Sweet Potatoes  
 Creamy Cabbage Coleslaw  
**PM Snack**  
 W Cheddar Cheese Melts

02 **AM Snack**  
 W Home Baked Confetti  
 Muffin  
 Whole Fresh Fruit  
**Lunch**  
 Spaghetti & Turkey Meatballs  
 V Red Bean Spaghetti  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Chefables Vanilla Yogurt  
 W Yummy Granola

09 **AM Snack**  
 W Home Baked Banana Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W V Egg Fried Brown Rice  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Chefables Vanilla Yogurt  
 W Yummy Granola

16 **AM Snack**  
 W Home Baked Ginger Bread  
 Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W V Grilled Cheese "Flat  
 Sammie" Sandwich  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Chefables Vanilla Yogurt  
 W Yummy Granola

23 **AM Snack**  
 NEW W Home Baked  
 Raspberry Filled Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W Sour Cream and Pepper  
 Chicken Stew with brown rice  
 V Brown Rice + Beans  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Chefables Vanilla Yogurt  
 W Yummy Granola

30 **AM Snack**  
 W Home Baked Carrot Muffin  
 Whole Fresh Fruit  
**Lunch**  
 NEW W V Stuffed  
 Homemade Three Cheese +  
 Sundried Tomato Bun  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 Chefables Vanilla Yogurt  
 W Yummy Granola

03 **AM Snack**  
 W Home Baked BBQ Ranch  
 Bagel  
 Whole Fresh Fruit  
**Lunch**  
 V Mac and Cheese  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

10 **AM Snack**  
 W Home Baked Egg Bagel  
 Whole Fresh Fruit  
**Lunch**  
 Turkey Sloppy Joes  
 V Tofu Sloppy Joes  
 W Whole Grain Roll  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Brazilian Cheese and  
 Coconut Stick

17 **AM Snack**  
 W Home Baked Cheddar  
 Cheese Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W Homemade Chicken  
 Enchillada Bake  
 V Cheese Quesadilla  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 NEW W Home Baked  
 Blueberry Delimanjoo

24 **AM Snack**  
 W Home Baked Raspberry  
 Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W Turkey "Pepperoni" and  
 Cheese Pizza  
 V Spinach + Cheese Ravioli  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

31 **AM Snack**  
 W Home Baked Sesame Seed  
 + Scallion  
 Whole Fresh Fruit  
**Lunch**  
 W Beef, Cilantro & Corn  
 Burrito  
 V Brown Rice + Beans  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Home Baked Raisin "Drop"  
 Biscuits  
 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 Artichoke, arugula, Asian greens, asparagus, avocado, beets, Bell pepper, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, cucumber, green beans, kale, leeks, lettuces, mushrooms, mustard greens, onion, peas, pepper (chile), potatoes, radicchio, radishes, scallions, shallots, spinach, sprouts, tomato, turnips



Just some of the fruits this month Apples, apricot, blackberry, blueberry, cherimoyas, cherries, dates, kiwi, lemon, loquats, mandarins, nectarines, oranges, peaches, pears, plums, pluots, raspberries, rhubarb, strawberry

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