

# Little Angel July 2019 Menu



## Monday

01

**AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 NEW W Stuffed Homemade  
 Korean Beef & Cheese  
 Steamed Vegetables  
 Fresh Fruit  
 W V Cheese Quesadilla  
**PM Snack**  
 W Homemade Mini empanadas

08

**AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 BYO Roasted Chicken Tacos  
 W WW Tortilla  
 Steamed Vegetables  
 Fresh Fruit  
 V BBQ Lentils  
**PM Snack**  
 W Maple Butternut Squash Mini  
 Empanadas

15

**AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W Homemade Chicken Enchillada  
 Bake  
 Steamed Vegetables  
 Fresh Fruit  
 W V Brown Rice + Beans  
**PM Snack**  
 W Raspberry Apple Mini  
 Empanadas

22

**AM Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 Spaghetti & Turkey Meatballs  
 Steamed Vegetables  
 Fresh Fruit  
 V Red Bean Spaghetti  
**PM Snack**  
 W Pear + Raisin Mini Empanadas

29

**Closed**

### 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** Arugula, Asian greens, avocado, beets, bok choy, broccoli, green beans, cabbage, carrots, cauliflower, chard, celery, corn, cucumber, collard greens, cress, eggplant, endive, kale, leeks, lettuces, mushrooms, mustard greens, okra, onion, peas, peppers, potato, radicchio, radishes, scallions, shallots, spinach, sprouts, summer squash, tomatillo, tomato, turnips



**Just some of the fruits this month** Apple, apricot, blackberry, blueberry, boysenberry, cactus pear, cherries, dates, figs, grapes, lemon, melon, mulberries, nectarine, oranges, peaches, plums, pluots, raspberries, rhubarb, strawberry

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

## Tuesday

02

**AM Snack**  
 W Home Baked Orange Cranberry  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 W Natural Chicken Tenders  
 Steamed Vegetables  
 Fresh Fruit  
 V Spinach + Cheese Ravioli  
**PM Snack**  
 W Cheddar Cheese Melts

09

**AM Snack**  
 NEW W Home Baked Three  
 Seeded Molasses Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 Turkey Spaghetti Bolognese  
 Steamed Vegetables  
 Fresh Fruit  
 V Red Bean Bolognese  
**PM Snack**  
 W Home Baked Delimanjoo  
 Whole Fresh Fruit

16

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

23

**AM Snack**  
 W Home Baked Cinnamon Raisin  
 Maple Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 Turkey Burger  
 W Whole Grain Bun  
 Steamed Vegetables  
 Fresh Fruit  
 V BBQ Tofu  
**PM Snack**  
 NEW V Israeli Hummus  
 NEW W WW Pita

30

**Closed**

## Wednesday

03

**AM Snack**  
 W Home Baked French Toast Sticks  
 Fresh Strawberry Compote  
**Lunch**  
 W V Whole Wheat Cheese and  
 Bean Baby Burrito  
 NEW Cold Roasted Sweet Potato  
 & Quinoa Salad  
 NEW Diced Tomato Salad  
**PM Snack**  
 Chicken Salad  
 W Greek Style Yogurt Roll  
 String Cheese

10

**AM Snack**  
 W Whole Grain Waffles  
 Fresh Strawberry Compote  
**Lunch**  
 W Turkey "Pepperoni" and Cheese  
 Pizza  
 Roasted Yukon Gold Potatoes  
 Creamy Cabbage Coleslaw  
 W V Brown Rice + Beans  
**PM Snack**  
 W Brazilian Cheese and Coconut  
 Stick

17

**AM Snack**  
 W Home Baked WG Pancakes  
 Fresh Strawberry Compote  
**Lunch**  
 W Natural Chicken Tenders  
 Roasted Sweet Potatoes  
 Creamy Cabbage Coleslaw  
 V Spinach + Cheese Ravioli  
**PM Snack**  
 String Cheese  
 W Home Baked Graham Crackers

24

**AM Snack**  
 W Home Baked French Toast Sticks  
 Fresh Strawberry Compote  
**Lunch**  
 W V Cheesiest Pizza  
 Roasted Red Potatoes  
 Pea Salad  
**PM Snack**  
 W Home Baked Ginger Rolla Roll  
 Whole Fresh Fruit

31

**Closed**

## Thursday

04

**Closed**

11

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

18

**AM Snack**  
 NEW W Home Baked Maple  
 Granola Muffin  
 Whole Fresh Fruit  
**Lunch**  
 W Chinese Chicken Stir Fry with  
 brown rice  
 Steamed Vegetables  
 Fresh Fruit  
 W V Chinese Tofu Stir Fry with  
 brown rice  
**PM Snack**  
 Chefables Vanilla Yogurt  
 W Yummy Granola

25

**AM Snack**  
 W Home Baked Downtowner Muffin  
 Whole Fresh Fruit  
**Lunch**  
 BBQ Chicken  
 W Home Baked Corn Bread Muffin  
 Steamed Vegetables  
 Fresh Fruit  
 V BBQ Tofu  
**PM Snack**  
 Chefables Vanilla Yogurt  
 W Yummy Granola

## Friday

05

**Closed**

12

**AM Snack**  
 W Home Baked Mexican Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W Beef, Cilantro + Corn Burrito  
 Steamed Vegetables  
 Fresh Fruit  
 W V Cheesiest Pizza  
**PM Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

19

**AM Snack**  
 W Home Baked Pumpkin Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W V Grilled Cheese "Flat Sammie"  
 Sandwich  
 Steamed Vegetables  
 Fresh Fruit  
**PM Snack**  
 W Home Baked Lemon Poppy Tea  
 Biscuit  
 Whole Fresh Fruit

26

**AM Snack**  
 W Home Baked Bagel  
 V Whole Fresh Fruit  
**Lunch**  
 W Hawaiian Meatballs served with  
 brown rice  
 Steamed Vegetables  
 Fresh Fruit  
 W V Cheese Quesadilla  
**PM Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit