

Little Angel January 2020 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

06

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W V Olive, Peppers & Cheese Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Dried Plum + Poppy Seed Mini
 Empanadas

13

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W V Toasted Cheese Sandwich on
 Fresh Focaccia
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Pineapple + Raisin Mini
 Empanadas

20

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
 W V Brown Rice + Beans
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

27

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 Homemade Turkey Meatloaf
 W 3 Grain Roll
 Steamed Vegetables
 Fresh Fruit
 V BBQ Tofu
PM Snack
 W Pear + Raisin Mini Empanadas

07

AM Snack
 W Home Baked Banana Raspberry
 Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
 W V Brown Rice + Beans
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

14

AM Snack
 NEW W Home Baked Lemon
 Ricotta Cherry Breakfast Bread
 Whole Fresh Fruit
Lunch
 Homemade Roasted Greek Lamb
 W WW Pita
 Steamed Vegetables
 Fresh Fruit
 V BBQ Beans
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

21

AM Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W Natural Chicken Tenders
 Steamed Vegetables
 Fresh Fruit
 W V Brown Rice + Beans
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

28

AM Snack
 W Home Baked Honey Pear
 Breakfast Bread
 Whole Fresh Fruit
Lunch
 W V Cheesiest Pizza
 Steamed Vegetables
 Fresh Fruit
PM Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

01

Closed

08

AM Snack
 W Home Baked WG Pumpkin Corn
 Pancakes
 Fresh Strawberry Compote
Lunch
 W Chicken Cheese & Chimichurri
 Burrito
 Roasted Sweet Potatoes
 Diced Tomato Salad
 W V Cheese Quesadilla
PM Snack
 Chefables Very Own Cheese Sticks
 (Mozzarella, Cheddar, Jack, or
 Ranch)
 W Home Baked WG Crackers

15

AM Snack
 NEW W Home Baked Oatmeal
 Apricot Buttermilk Biscuit
 Fresh Strawberry Compote
Lunch
 BBQ Chicken
 NEW W Cheddar Cheese Pretzel
 Roll
 COLd Summer Beet Salad
 Creamy Cabbage Coleslaw
 V BBQ Lentils
PM Snack
 Chefables Very Own Cheese Sticks
 (Mozzarella, Cheddar, Jack, or
 Ranch)
 W Home Baked WG Crackers

22

AM Snack
 NEW W Whole Grain Lemon
 Yogurt Waffles
 Fresh Strawberry Compote
Lunch
 W V Cheesiest Pizza
 Corn, Tomato & Cucumber Salad
 Creamy Cabbage Coleslaw
PM Snack
 Chefables Very Own Cheese Sticks
 (Mozzarella, Cheddar, Jack, or
 Ranch)
 W Home Baked WG Crackers

29

AM Snack
 NEW W Home Baked Focaccia
 French Toast Sticks
 Fresh Strawberry Compote
Lunch
 Homemade Turkey Meatball Sub
 W Mini Hoagie Roll
 Roasted Sweet Potatoes
 Pea Salad
 V BBQ Lentils
PM Snack
 Chefables Very Own Cheese Sticks
 (Mozzarella, Cheddar, Jack, or
 Ranch)
 W Home Baked WG Crackers

02

Closed

09

AM Snack
 W Home Baked Potato Cheddar
 Cheese Muffin
 Whole Fresh Fruit
Lunch
 Homemade Turkey Spinach
 Meatloaf
 W Whole Grain Roll
 Steamed Vegetables
 Fresh Fruit
 V BBQ Lentils
PM Snack
 Chefables Vanilla Yogurt
 NEW W Home Baked Mini Coco
 Banana Bite

16

AM Snack
 W Home Baked Oat Bran Pumpkin
 Muffin
 Whole Fresh Fruit
Lunch
 NEW W Beef, Cilantro + Corn
 Burrito
 Steamed Vegetables
 Fresh Fruit
 W V Brown Rice + Beans
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

23

AM Snack
 W Home Baked Lemon Carrot
 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
 NEW W Home Baked Mini Lemon
 Blueberry Bite

30

AM Snack
 NEW W Home Baked Chocolate
 Chip Oatmeal Muffin
 Whole Fresh Fruit
Lunch
 V Mac and Cheese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 Chefables Vanilla Yogurt
 W Yummy Granola

10

Closed

AM Snack
 W Home Baked Asiago Bagel
 Whole Fresh Fruit
Lunch
 NEW V Tofu Spaghetti Bolognese
 Steamed Vegetables
 Fresh Fruit
PM Snack
 NEW W Cheddar Cheese Pretzel
 Roll
 Whole Fresh Fruit

17

AM Snack
 W Home Made Onion Pretzel Bagel
 Whole Fresh Fruit
Lunch
 W Chicken Fried Brown Rice
 Steamed Vegetables
 Fresh Fruit
 W V Teriyaki Tofu Fried Brown Rice
PM Snack
 W Cheddar Cheese Melts

24

AM Snack
 W Home Baked Mexican Bagel
 Whole Fresh Fruit
Lunch
 NEW BYO Roasted Pork Tacos
 W WW Tortilla
 Steamed Vegetables
 Fresh Fruit
 V BYO BBQ Lentil Tacos
PM Snack
 W WG Yogurt + Honey Bun
 Whole Fresh Fruit

31

AM Snack
 NEW W Home Baked "Everything"
 is Possible Bagel
 Whole Fresh Fruit
Lunch
 W Beef and Vegetable Stew with
 brown rice
 Steamed Vegetables
 Fresh Fruit
 W V Vegetable and Tofu Stew with
 Brown Rice
PM Snack
 W Home Baked Vanilla Rolla Roll
 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