



Chefables Lunch Menu - January 2009

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Center Closed	2 Natural Chicken tenders Fresh ripe fruit Seasoned vegetables
5 Fresh Turkey spaghetti Bolognese Fresh ripe fruit Seasoned vegetables	6 Vegetable Fried Rice Fresh ripe fruit Seasoned vegetables	7 Enriched noodles served with butter and Parmesan cheese Fresh ripe fruit Seasoned vegetables	8 Roasted sweet potato and chicken tamale Fresh ripe fruit Seasoned vegetables	9 Turkey Meatloaf Fresh ripe fruit Seasoned vegetables
12 Cheese tortellini w/ tomato cream and shaved Parmesan Fresh ripe fruit Seasoned vegetables	13 Natural Chicken tenders Fresh ripe fruit Seasoned vegetables	14 Farm Fresh egg salad sandwich served on whole wheat bread Fresh ripe fruit Cucumber Salad	15 Fresh Turkey spaghetti Bolognese Fresh ripe fruit Seasoned vegetables	16 Three Cheese Pizza made with toasted quinoa Fresh ripe fruit Seasoned vegetables
19 Center Closed	20 Cod "Fish Sticks" Fresh ripe fruit Seasoned vegetables	21 Three Cheese Pizza made with toasted quinoa Fresh ripe fruit Seasoned vegetables	22 Vegetable Fried Rice Fresh ripe fruit Seasoned vegetables	23 Fresh House made Falafel burgers Fresh ripe fruit Seasoned vegetables
26 Mac & Cheese with toasted quinoa Fresh ripe fruit Seasoned vegetables	27 Natural Chicken tenders Fresh ripe fruit Seasoned vegetables	28 Grilled Cheddar Cheese Sandwich Fresh ripe fruit Seasoned vegetables	29 Enriched noodles served with butter and Parmesan cheese Fresh ripe fruit Seasoned vegetables	30 House made Chicken Chow Mien served with Roasted Chicken Fresh ripe fruit Seasoned vegetables

Just some of the vegetables this month

Butter Beans - Broccoli - Green Beans - Orange & White Cauliflower - Rainbow Carrots - English Peas - Garnet Yams
Broccoli Romanesco - Bok Choy - Yellow Zucchini - Corn Salad
Fresh Dug Potatoes - Butternut Squash - Button Mushrooms -
Beluga Lentils - Cucumber Salad

Just some of the fruit this month

Red Grapes - Seedless Red & Yellow Watermelon - Fresh Pineapple - Kiwi - Mangos - Peaches - Blueberries - Nectaries -
Apricots - Mexican Papaya - Strawberries - Cantaloupe -
Grapefruit - Apricots - Oranges - Fruit Yogurt

Chefables reserves the right to substitute stated menu items on the meal plan or snack option if it becomes unavailable in the market or due to unforeseen circumstances.