

Palcare November 2022 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

07
<p>A.M. Snack W Breakfast Cereal Whole Fresh Fruit Lunch Grilled Chicken Sandwich W V WW Bun / Roll Steamed/Fresh Vegetables Fresh Fruit Milk V Hummus w/Feta & Olives W V WW Pita P.M. Snack Chefables Very Own Cheese Sticks W Homemade Soft Pizza Pretzel Stick</p>

14
<p>A.M. Snack W Breakfast Cereal Whole Fresh Fruit Lunch W V Grilled Cheese Sandwich Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers</p>

21
<p>A.M. Snack W Breakfast Cereal Whole Fresh Fruit Lunch W Turkey Sausage Roll Steamed/Fresh Vegetables Fresh Fruit Milk W V Lentils + Brown Rice P.M. Snack W Maple Roasted Sunflower & Pumpkin Seeds Whole Fresh Fruit</p>

28
<p>A.M. Snack W Breakfast Cereal Whole Fresh Fruit Lunch Homemade Sliced Turkey Meatloaf with Cranberry Sauce W V WW Bun / Roll Steamed/Fresh Vegetables Fresh Fruit Milk W V Egg Salad Sandwich P.M. Snack W Homemade Mini Empanadas</p>

01
<p>A.M. Snack W Home Baked Cinnamon Raisin Muffin Whole Fresh Fruit Lunch W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Grilled Cheese Sandwich P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers</p>

08
<p>A.M. Snack W Home Baked Cocoa Chip Muffin Whole Fresh Fruit Lunch W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Grilled Cheese Sandwich P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers</p>

15
<p>A.M. Snack W Home Baked Muffin Whole Fresh Fruit Lunch W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Grilled Cheese Sandwich P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers</p>

22
<p>A.M. Snack W Soft Cream Cheese Stuffed Pumpkin Bagel Bite Whole Fresh Fruit Lunch W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Grilled Cheese Sandwich P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers</p>

29
<p>A.M. Snack W Home Baked Carrot Ginger Muffin Whole Fresh Fruit Lunch W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Grilled Cheese Sandwich P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers</p>

02
<p>A.M. Snack W Home Baked Carrot Ginger Breakfast Bread Whole Fresh Fruit Lunch W V Egg Fried Rice Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Homemade Brazilian Cheese and Coconut Stick</p>

09
<p>A.M. Snack W Home Baked Adzuki Bean & Coconut Breakfast Bread Whole Fresh Fruit Lunch W Turkey Spaghetti Bolognese Steamed/Fresh Vegetables Fresh Fruit Milk W V Red Bean Spaghetti Bolognese P.M. Snack W Homemade Brazilian Cheese and Coconut Stick</p>

16
<p>A.M. Snack W Home Baked Lemon Curd Breakfast Bread Whole Fresh Fruit Lunch W Chicken Tikka Masala + Brown Rice Steamed/Fresh Vegetables Fresh Fruit Milk W V Brown Rice & Beans P.M. Snack W Homemade Brazilian Cheese and Coconut Stick</p>

23
<p>A.M. Snack W Home Baked Sweet Potato Breakfast Bread Whole Fresh Fruit Lunch W V Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Homemade Brazilian Cheese and Coconut Stick</p>

30
<p>A.M. Snack W Home Baked 3-Seeded Molasses Breakfast Bread Whole Fresh Fruit Lunch W Chicken, Spinach & Cheese Burrito Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheese Quesadilla P.M. Snack W Homemade Brazilian Cheese and Coconut Stick</p>

03
<p>A.M. Snack W Home Baked Whole Grain Waffles Whole Fresh Fruit Lunch W Turkey Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk W V Brown Rice & Beans P.M. Snack W Homemade Mini Empanadas</p>

10
<p>A.M. Snack W Home Baked French Toast Sticks w/ Dried Fruit Whole Fresh Fruit Lunch W V Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Homemade Mini Empanadas</p>

17
<p>A.M. Snack W Home Baked Corn Bread Waffles Whole Fresh Fruit Lunch W V Spinach + Cheese Ravioli Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Delimanjoo</p>

24
<p>Palcare Closed</p>

04
<p>A.M. Snack W Home Baked Fresh Pear Lemon Square Whole Fresh Fruit Lunch W Beef, Butternut Squash Burrito Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheese Quesadilla P.M. Snack A2 Organic Vanilla Yogurt W Yummy Chefables Rolled Oats Cereal</p>

11
<p>A.M. Snack W Home Baked Squares Whole Fresh Fruit Lunch W Pretzel Stuffed Cheese + Chicken Bun Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheese Quesadilla P.M. Snack A2 Organic Vanilla Yogurt W Yummy Chefables Rolled Oats Cereal</p>

18
<p>A.M. Snack W Home Baked Banana Breakfast Roll Whole Fresh Fruit Lunch W V Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack A2 Lemon Poppy Seed Yogurt W Home Baked Mini Muffin</p>

25
<p>Palcare Closed</p>

Notes

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- One Grain serving per day must be WGR, M/MA may be substituted for a breakfast grain (3X/week max).



Just some of the vegetables this month: Artichoke arugula Asian green avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens cucumber kale leeks lettuce mushroom okra onion parsnip peas peppers potato radishes rhubarb rutabaga scallions spinach winter squash sunchoke sweet tomato tomatoes turnips corn eggplant beans summer/winter



Just some of the fruits this month: Apples Asian pear cactus dates grapes guava kiwi kumquats lemons limes mandarins oranges persimmons plums pomegranates pomelo quince strawberries blackberries figs jujubes melon peaches

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