

Palcare October 2022 Menu



Monday

03

A.M. Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W BBQ Beef & Brown Rice
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Lentils + Brown Rice
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Home Baked Mini Muffin

10

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

17

A.M. Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W BBQ Chicken & Brown Rice
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 V BBQ Lentils
 W V Brown Rice
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Soft Rolled Oat Biscuit

24

A.M. Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W V Deep Dish Cheese, Olive & Sun-Dried Tomato Pizza
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 W Maple Roasted Sunflower & Pumpkin Seeds
 Whole Fresh Fruit

31

A.M. Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 Homemade Turkey Meatloaf
 W V WW Bun / Roll
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Brown Rice & Beans
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Soft Rolled Oat Biscuit

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 corn cucumber eggplant beans kale leeks lettuce mushroom okra onion parsnip peas peppers potato radishes rhubarb rutabaga scallions spinach summer/winter squash sunchoke sweet tomatillo tomatoes turnips



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

Tuesday

04

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

11

A.M. Snack
 W Home Baked Cheddar Corn Bread 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

18

A.M. Snack
 W Home Baked Sour Cream 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

25

A.M. Snack
 W Home Baked KuKu Squares
 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

Wednesday

05

A.M. Snack
 W Home Baked Cinnamon Maple 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

12

A.M. Snack
 W Home Baked Cinnamon Monkey Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Orecchiette & Turkey Pasta in a Tomato Cream
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Brown Rice & Beans
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

19

A.M. Snack
 W Home Baked Classic Banana Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Chicken Tikka Masala + Brown Rice
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Red Bean Masala & Brown Rice
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

26

A.M. Snack
 W Home Baked Cinnamon Raisin Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Cold Sesame Chicken Salad + Brown Rice
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Egg Salad Sandwich
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

Thursday

06

A.M. Snack
 W Home Baked Corn Bread Waffles
 Whole Fresh Fruit
Lunch
 W V Mac & Cheese
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 W Homemade Mini Empanadas

13

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

20

A.M. Snack
 W Breakfast Burrito
 Whole Fresh Fruit
Lunch
 W V Mac & Cheese
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Delimanjoo

27

A.M. Snack
 W Home Baked Vanilla Lemon Breakfast Roll
 Whole Fresh Fruit
Lunch
 W Chicken & Cheese Enchilada
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Cheese Quesadilla
P.M. Snack
 W Homemade Mini Empanadas

Friday

07

A.M. Snack
 W Savory Turkey and Pepper Breakfast Muffin
 Whole Fresh Fruit
Lunch
 W Beef, Butternut Squash Burrito
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Brown Rice & Beans
P.M. Snack
 A2 Organic Lemon Brown Sugar Yogurt
 W Home Baked Mini Muffin

14

A.M. Snack
 W Home Baked Squares
 Whole Fresh Fruit
Lunch
 Beef & Vegetable Stew
 W V Brown Rice
 Fresh Fruit
 Milk
 V Red Bean & Veggie Stew
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Yummy Chefables Rolled Oats Cereal

21

A.M. Snack
 W Home Baked Cocoa Breakfast Roll
 Whole Fresh Fruit
Lunch
 Southwest Chicken Stew
 W V Brown Rice
 Fresh Fruit
 Milk
 V Lentil Southwest Stew
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Home Baked Mini Muffin

28

A.M. Snack
 W Soft Cream Cheese Stuffed Pumpkin Bagel Bite
 Whole Fresh Fruit
Lunch
 W V Mac & Cheese
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Yummy Chefables Rolled Oats Cereal

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