

Palcare September 2022 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

05

PALCARE CLOSED

12

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Chicken Fried Rice
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Soft Rolled Oat Biscuit

19

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W V Deep Dish Veggie & Cheese
Pizza
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Maple Roasted Sunflower & Pumpkin Seeds
Whole Fresh Fruit

26

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Turkey Chili Con Carne + Vegetables
W V Brown Rice
Fresh Fruit
Milk

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: Artichokes arugula Asian greens avocado beets bok choy broccoli rabe Brussels sprouts green bean cabbage carrots cauliflower chard celery corn cucumber collard cress eggplant endive kale leeks lettuce mushrooms mustard okra olives onion peas peppers potato radicchio radishes scallions spinach summer squash sunchoke sweet tomatillo tomato turnips Seasonal Vegetables



Just some of the fruits this month: Apple avocado Asian pear blackberry cactus dates figs grapes kiwi lemon melon nectarine oranges peaches plums pluots quince raspberries strawberry Seasonal Fruits

06

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

13

A.M. Snack

W Home Baked Applesauce Muffin
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

18

A.M. Snack

W Home Baked KuKu Squares
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

27

A.M. Snack

W Home Baked Carrot Ginger Muffin
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

07

A.M. Snack

W Home Baked Cinnamon Raisin
Breakfast Bread
Whole Fresh Fruit

Lunch

W V Cheese Quesadilla
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Brazilian Cheese and Coconut Stick

14

A.M. Snack

W Home Baked Cinnamon Swirl
Breakfast Bread
Whole Fresh Fruit

Lunch

W Chicken Tikka Masala + Brown
Rice
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Brazilian Cheese and Coconut Stick

21

A.M. Snack

W Home Baked Lemon Curd
Breakfast Bread
Whole Fresh Fruit

Lunch

W Southwest Chicken Stew
W V Brown Rice
Fresh Fruit
Milk

P.M. Snack

W Homemade Brazilian Cheese and Coconut Stick

28

A.M. Snack

W Home Baked Sweet Potato
Muffin
Whole Fresh Fruit

Lunch

W Chicken, Spinach & Cheese
Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Brazilian Cheese and Coconut Stick

01

NO SERVICE

08

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

15

A.M. Snack

W Breakfast Burrito
Whole Fresh Fruit

Lunch

Roasted Chicken
W V WW Tortilla
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Delimanjoo

22

A.M. Snack

W Home Baked Cocoa Breakfast
Roll
Whole Fresh Fruit

Lunch

W V Three Cheese Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Mini Empanadas

29

A.M. Snack

W Home Baked Whole Grain Maple
Waffle
Whole Fresh Fruit

Lunch

W V Mac & Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Mini Empanadas

02

NO SERVICE

09

A.M. Snack

W Soft Cream Cheese Stuffed
Poppy Seed Bagel Bite
Whole Fresh Fruit

Lunch

W Turkey Sausage Roll
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

16

A.M. Snack

W Savory Turkey and Pepper
Breakfast Muffin
Whole Fresh Fruit

Lunch

W V Mac & Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Home Baked Mini Muffin

23

A.M. Snack

W Home Baked Raisin Breakfast
Round
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

30

A.M. Snack

W Savory Turkey and Pepper
Breakfast Muffin
Whole Fresh Fruit

Lunch

W BBQ Beef & Brown Rice
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Home Baked Mini Muffin

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