

# Palcare December 2022 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

05

**A.M. Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W V Chefables Pizza  
 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

12

**A.M. Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W Turkey Sausage Roll  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Cheese Quesadilla  
**P.M. Snack**  
 Chefables Very Own Cheese Sticks  
 W Home Baked Crackers

19

**A.M. Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W Cold Curry Chicken & Pasta  
 Salad  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Egg Salad Sandwich  
**P.M. Snack**  
 W Maple Roasted Sunflower & Pumpkin Seeds  
 Whole Fresh Fruit

26

**Palcare Closed**

06

**A.M. Snack**  
 W Home Baked Blackberry 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

13

**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

20

**A.M. Snack**  
 W Soft Cream Cheese Stuffed 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

27

**A.M. Snack**  
 W Breakfast Cereal  
 W Whole Fresh Fruit  
**Lunch**  
 V V Cheese + Bean Burrito  
 V Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 W Homemade Mini Empanadas

07

**A.M. Snack**  
 W Home Baked Lemon Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 W Chicken + Vegetable Stir Fry  
 W V Brown Rice  
 Fresh Fruit  
 Milk  
 V Red Bean & Veggie Stew  
**P.M. Snack**  
 W Homemade Brazilian Cheese and Coconut Stick

14

**A.M. Snack**  
 W Home Baked Breakfast Bread  
 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**  
 W Homemade Brazilian Cheese and Coconut Stick

21

**A.M. Snack**  
 W Home Baked Sour Cream Streusel 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

28

**A.M. Snack**  
 W Home Baked Carrot Ginger Breakfast Bread  
 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

01

**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

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 Home Baked Whole Grain 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

22

**Palcare Closed**

29

**A.M. Snack**  
 W Cheddar Cheese Topped Bagel  
 Whole Fresh Fruit  
**Lunch**  
 W V Mac & Cheese  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 W Homemade Mini Empanadas

02

**A.M. Snack**  
 W Home Baked Squares  
 Whole Fresh Fruit  
**Lunch**  
 W Homemade Burrito  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Cheese Quesadilla  
**P.M. Snack**  
 A2 Organic Vanilla Yogurt  
 W Yummy Chefables Rolled Oats Cereal

09

**A.M. Snack**  
 W Home Baked Vanilla Lemon Breakfast Roll  
 Whole Fresh Fruit  
**Lunch**  
 V Chefables "Possible" Burger  
 W V WW Bun / 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 Home Baked Black + White Breakfast Squares  
 Whole Fresh Fruit  
**Lunch**  
 W Deep Dish BBQ Chicken & Ricotta Cheese Pizza  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Cheese Quesadilla  
**P.M. Snack**  
 A2 Lemon Poppy Seed Yogurt  
 W Home Baked Mini Muffin

23

**Palcare Closed**

30

**Palcare Closed**

**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 beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens kale leeks lettuce mushroom okra parsnip peppers radishes rutabaga scallions spinach winter squash sunchokes sweet potato tomatillo tomatoes turnips zucchini avocado cucumber onion peas rhubarb



Just some of the fruits this month: Apples citron grapefruit grapes guava kiwi kumquats lemons limes mandarins oranges pomegranates pomelo pears persimmons pineapple Asian pear cactus dates plums quince strawberries