

# Palcare February 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

06

**A.M. Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W Chicken Fried Rice  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Red Bean Fried Rice  
**P.M. Snack**  
 Chefables Very Own Cheese Sticks  
 W Homemade Soft Pizza Pretzel  
 Stick

13

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

20

Palcare Closed

27

**A.M. Snack**  
 W Breakfast Cereal  
 Whole Fresh Fruit  
**Lunch**  
 W V Sesame Chicken Ravioli w/  
 Fresh Pesto  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Cheese Quesadilla  
**P.M. Snack**  
 W Maple Roasted Sunflower &  
 Pumpkin Seeds  
 Whole Fresh Fruit

07

**A.M. Snack**  
 W Savory Turkey and Pepper  
 Breakfast 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

14

**A.M. Snack**  
 W Home Baked Mixed Berry 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

21

**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 Lentils + Brown Rice  
**P.M. Snack**  
 W Maple Roasted Sunflower &  
 Pumpkin Seeds  
 Whole Fresh Fruit

28

**A.M. Snack**  
 W Cheddar Cheese Topped Bagel  
 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 Banana Cocoa  
 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

08

**A.M. Snack**  
 W Home Baked Cinnamon Cocoa  
 babka  
 Whole Fresh Fruit  
**Lunch**  
 W Turkey Chili Con Carne +  
 Vegetables  
 W V Home Baked Corn Bread  
 Muffin  
 Fresh Fruit  
 Milk  
 W V Lentil Chili + Vegetables  
**P.M. Snack**  
 W Homemade Brazilian Cheese and  
 Coconut Stick

15

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

22

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

02

**A.M. Snack**  
 W Home Baked Whole Grain  
 Waffles  
 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 Mini Empanadas

09

**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

16

**A.M. Snack**  
 W Home Baked Cocoa Schnecken  
 Roll  
 Whole Fresh Fruit  
**Lunch**  
 W Ancho Chili & Chicken, Sour  
 Cream & Brown Rice Burrito  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Brown Rice & Beans  
**P.M. Snack**  
 Chefables Very Own Cheese Sticks  
 W Home Baked Delimanjoo

23

**A.M. Snack**  
 W Home Baked WG Cranberry  
 Orange Waffle  
 Whole Fresh Fruit  
**Lunch**  
 W V Cheese & Bean Burrito  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 W Homemade Mini Empanadas

03

**A.M. Snack**  
 W Home Baked Lemon Breakfast  
 Roll  
 Whole Fresh Fruit  
**Lunch**  
 W V Deep Dish Cheese Pizza  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 A2 Organic Vanilla Yogurt  
 W Yummy Chefables Rolled Oats  
 Cereal

10

**A.M. Snack**  
 W Home Baked Cocoa Chip  
 Breakfast Squares  
 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

17

**A.M. Snack**  
 W Home Baked Squares  
 Whole Fresh Fruit  
**Lunch**  
 W Spanish Chicken & Rice Entrée  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Cheese Quesadilla  
**P.M. Snack**  
 A2 Lemon Poppy Seed Yogurt  
 W Home Baked Mini Muffin

24

**A.M. Snack**  
 W Home Baked Lemon Breakfast  
 Roll  
 Whole Fresh Fruit  
**Lunch**  
 W Turkey Spaghetti Bolognese  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Red Bean Spaghetti Bolognese  
**P.M. Snack**  
 A2 Lemon Poppy Seed Yogurt  
 W Home Baked Mini Muffin

- 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: Arugula Asian greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard kale leeks lettuce mushrooms mustard onion parsnips potatoes radicchio radishes rutabagas scallions spinach sunchokes squash (winter) sweet potato turnips

Just some of the fruits this month: Apple Asian pear cherimoyas Grapefruit dates kiwi kumquat lemon limes mandarin oranges pomelos persimmons

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