

Palcare January 2023 Menu



Monday

02

Palcare Closed

09

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

16

Palcare Closed

23

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

30

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Turkey Chili Con Carne + Vegetables
W V Home Baked Corn Bread
Muffin
Fresh Fruit
Milk
W V Cheese Quesadilla

Steamed/Fresh Vegetables

P.M. Snack

W Maple Roasted Sunflower & Pumpkin Seeds
Whole Fresh Fruit

Tuesday

03

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Cheesiest Pizza

P.M. Snack

Raisins
W Home Baked Crackers

10

A.M. Snack

W Home Baked Confetti 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

17

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

Beef & Vegetable Stew
W V Brown Rice
Fresh Fruit
Milk
W V Cheese Quesadilla

Steamed/Fresh Vegetables

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

24

A.M. Snack

W Soft Cream Cheese Stuffed Cinnamon Raisin 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

31

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

Wednesday

04

A.M. Snack

W Orange Sunflower Seed Breakfast Bread
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

11

A.M. Snack

W Home Baked Cinnamon Raisin Breakfast Bread
Whole Fresh Fruit

Lunch

W Chicken + Vegetable Stir Fry
W V Brown Rice
Fresh Fruit
Milk
W V Lentil + Vegetable Stir Fry

P.M. Snack

W Homemade Brazilian Cheese and Coconut Stick

18

A.M. Snack

W Home Baked Schneckenn 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 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

Thursday

05

A.M. Snack

W Home Baked Whole Grain Cinnamon Waffles
Whole Fresh Fruit

Lunch

W V Turkey Mac & Cheese
Steamed/Fresh Vegetables
Fresh Fruit
Milk
W V Brown Rice & Beans

P.M. Snack

W Homemade Mini Empanadas

12

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

19

A.M. Snack

W Home Baked Rolla Roll with Lemon Cream
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

26

A.M. Snack

W Home Baked Whole Grain Maple Waffle
Whole Fresh Fruit

Lunch

W V Cheese + Bean Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Mini Empanadas

Friday

06

A.M. Snack

W Home Baked Vanilla Lemon Breakfast Roll
Whole Fresh Fruit

Lunch

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

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats Cereal

13

A.M. Snack

W Home Baked Cocoa Chip Breakfast Squares
Whole Fresh Fruit

Lunch

W 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

20

A.M. Snack

W Home Baked Black + White Breakfast 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

27

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: Asian greens beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower chard collard celery ginger root kale leeks lettuces mushrooms mustard onion parsnips potatoes radicchio radishes rutabagas scallions spinach sunchoke shallots squash (winter) sweet potato turnips



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