

# Palcare March 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

06

**A.M. Snack**

W Breakfast Cereal of the Day  
Whole Fresh Fruit

**Lunch**

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

**P.M. Snack**

Chefables Very Own Cheese Sticks  
W Homemade Soft Pizza Pretzel  
Stick

13

**A.M. Snack**

W Breakfast Cereal of the Day  
Whole Fresh Fruit

**Lunch**

Cheese Turkey Burger  
W V WW Bun / Roll  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

W V Cheese Quesadilla

**P.M. Snack**

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

20

**A.M. Snack**

W Breakfast Cereal of the Day  
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

27

Palcare Closed

07

**A.M. Snack**

W Home Baked Applesauce 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 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

21

**A.M. Snack**

W Asiago Cheese Topped Bagel  
Whole Fresh Fruit

**Lunch**

W Natural Chicken Tenders  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

W V Cheese Quesadilla

**P.M. Snack**

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

28

Palcare Closed

01

**A.M. Snack**

W Home Baked 3-Seeded Molasses  
Breakfast Bread  
Whole Fresh Fruit  
W Breakfast Cereal

**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

08

**A.M. Snack**

W Home Baked Lemon Poppy Seed  
Babka  
Whole Fresh Fruit

**Lunch**

W Chicken Salad + WW Pita  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

W Hummus w/Feta & Olives

W V WW Pita

**P.M. Snack**

W Homemade Brazilian Cheese and  
Coconut Stick

15

**A.M. Snack**

W Home Baked Adzuki Bean &  
Coconut Breakfast Bread  
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 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

29

**A.M. Snack**

W Home Baked Banana Cocoa  
Breakfast Bread  
Whole Fresh Fruit

**Lunch**

W Cold Curry Chicken & Pasta  
Salad  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

W V Grilled Cheese Sandwich

**P.M. Snack**

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

02

**A.M. Snack**

W Home Baked Whole Grain  
Waffles  
Whole Fresh Fruit

**Lunch**

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

**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 Cheese Twist  
Whole Fresh Fruit

**Lunch**

W Chicken, Cheese & 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 Whole Grain  
Waffles  
Whole Fresh Fruit

**Lunch**

W Chicken Verde + Cheese Burrito  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

W V Brown Rice & Beans

**P.M. Snack**

W Homemade Mini Empanadas

30

**A.M. Snack**

W Home Baked French Toast Sticks  
Whole Fresh Fruit

**Lunch**

W Cold Asian Chicken Salad  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

W V Cheese Quesadilla

**P.M. Snack**

W Homemade Mini Empanadas

03

**A.M. Snack**

W Home Baked Orange 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 Squares  
Whole Fresh Fruit

**Lunch**

W V Three Cheese Burrito  
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 Turkey Dumplings  
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 V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

A2 Lemon Poppy Seed Yogurt  
W Home Baked Mini Muffin

31

**A.M. Snack**

W Fresh Dried Fruit Focaccia  
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

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/M/A 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 Artichoke winter Seasonal Vegetables



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