

Palcare April 2023 Menu



Monday

03

A.M. Snack
 W Breakfast Cereal of the Day
 Whole Fresh Fruit
 W Breakfast Cereal
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

10

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

17

A.M. Snack
 W Breakfast Cereal of the Day
 Whole Fresh Fruit
Lunch
 V Chefables "Possible" Burger
 W V WW Bun / Roll
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Crackers

24

A.M. Snack
 W Breakfast Cereal of the Day
 Whole Fresh Fruit
Lunch
 W Greek Lamb & Brown Rice
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Lentils + Brown Rice
P.M. Snack
 W Maple Roasted Sunflower & Pumpkin Seeds
 Whole Fresh Fruit

Tuesday

04

A.M. Snack
 W Home Baked Sour Cream 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

11

A.M. Snack
 W Home Baked Carrot Ginger 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

18

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

25

A.M. Snack
 W Cream Cheese Stuffed Sesame Seed 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

Wednesday

05

A.M. Snack
 W Home Baked Buttermilk Pancakes
 Whole Fresh Fruit
Lunch
 W Orecchiette & Turkey Pasta in a Tomato Cream
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Lentils + Brown Rice
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

12

A.M. Snack
 W Orange Sunflower Seed Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Chicken Salad
 W V WW Pita
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 V Hummus w/Feta & Olives
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

19

A.M. Snack
 W Home Baked Cinnamon Cocoa babka
 Whole Fresh Fruit
Lunch
 W Cold Curry Chicken & Pasta Salad
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Bean & Orzo Salad
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

26

A.M. Snack
 W Home Baked Cinnamon Swirl Breakfast Bread
 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

Thursday

06

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

13

A.M. Snack
 W Home Baked French Toast Sticks
 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

20

A.M. Snack
 W Home Baked Garibaldi Breakfast Biscuit
 Whole Fresh Fruit
Lunch
 W Chicken, Cheese & Brown Rice Burrito
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Cheese Quesadilla
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Delimanjoo

27

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 Cheese Quesadilla
P.M. Snack
 W Homemade Mini Empanadas

Friday

07

A.M. Snack
 W Home Baked Squares
 Whole Fresh Fruit
Lunch
 W Deep Dish Chicken, Pesto & Cheese Pizza
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Cheese Quesadilla
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Yummy Chefables Rolled Oats Cereal

14

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

21

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

28

A.M. Snack
 W Home Baked KuKu Squares
 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

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



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

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