

Palcare May 2023 Menu



Monday

01

A.M. Snack

W Breakfast Cereal of the Day
Whole Fresh Fruit

Lunch

W Roasted Chicken, Spaghetti w/
Special "Chefables Grön Säs"
Steamed/Fresh Vegetables
Fresh Fruit

Milk
W V Mac & Cheese

W V Brown Rice & Beans

P.M. Snack

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

08

A.M. Snack

W Breakfast Cereal of the Day
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

Chefables Very Own Cheese Sticks
W Home Baked Crackers

15

A.M. Snack

W Breakfast Cereal of the Day
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

22

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

29

Palcare Closed

Tuesday

02

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

09

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

16

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

23

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

30

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 Home Baked Soft Rolled Oat
Biscuit

Wednesday

03

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

10

A.M. Snack

W Home Baked Banana Cocoa
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

17

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

24

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

31

A.M. Snack

W Home Baked Squares
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

Thursday

04

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

11

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

18

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

25

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

Friday

05

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 Organic Vanilla Yogurt
W Home Baked Mini Muffin

12

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

19

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

26

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

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 lettuces mushrooms mustard onion parsnips peas potatoes radicchio radishes rutabagas scallions spinach sunchoke squash (winter) tomato turnips Bell pepper cucumber green beans (chile) shallots

Just some of the fruits this month: Apple Asian pear cherimoyas cherries dates grapefruit kumquat lemon limes mandarin oranges pomelos rhubarb strawberry Apples apricot blackberry blueberry kiwi loquats mandarins nectarines peaches pears plums pluots raspberries