

Palcare June 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

05

A.M. Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 W V Mac & Cheese
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 W Homemade Soft Pizza Pretzel
 Stick
 Whole Fresh Fruit

12

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 Lentils + Brown Rice
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Crackers

19

Palcare Closed

26

A.M. Snack
 W Breakfast Cereal
 Whole Fresh Fruit
Lunch
 Italian Chicken & White Bean +
 Tomato Stew
 W V WW Bun / Roll
 Fresh Fruit
 Milk
 V Red Bean & Veggie Stew
P.M. Snack
 W Home Baked Soft Rolled Oat
 Biscuit
 Whole Fresh Fruit

06

A.M. Snack
 W Home Baked Mini Panettone
 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

13

A.M. Snack
 W Home Baked Mandelbrot
 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

20

A.M. Snack
 W Cheddar Cheese Topped Bagel
 Whole Fresh Fruit
Lunch
 W V Cheese Quesadilla
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 W "Cocada" Pumpkin Seed &
 Toasted Coconut Macaron Biscuit

27

A.M. Snack
 W Soft Cream Cheese Pretzel 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

07

A.M. Snack
 W Home Baked Lemon Poppy Seed
 Babka
 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
 Whole Fresh Fruit

14

A.M. Snack
 W Home Baked Breakfast Bread
 Whole Fresh Fruit
Lunch
 W COLd Ranch Chicken Salad +
 Veg Salad
 W V WW Pita
 Fresh Fruit
 Milk
 V Hummus w/Feta & Olives
 Steamed/Fresh Vegetables
P.M. Snack
 W Homemade Brazilian Cheese and
 Coconut Stick

21

A.M. Snack
 W Home Baked Carrot Ginger
 Breakfast Bread
 Whole Fresh Fruit
Lunch
 W Turkey Chili Con Carne +
 Vegetables
 W V Home Baked Corn Bread
 Muffin
 Fresh Fruit
 Milk
 W V Red Bean Spaghetti Bolognese
 Steamed/Fresh Vegetables
P.M. Snack
 W Homemade Brazilian Cheese and
 Coconut Stick

28

A.M. Snack
 W Home Baked 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

01

A.M. Snack
 W Home Baked French Toast Sticks
 Whole Fresh Fruit
Lunch
 W Homemade Burrito
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Cheese Quesadilla
P.M. Snack
 W Homemade Brazilian Cheese and
 Coconut Stick

08

A.M. Snack
 W Home Baked Pandan & Coconut
 Waffle
 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

15

A.M. Snack
 W Home Baked French Toast Sticks
 w/ Dried Fruit
 Whole Fresh Fruit
Lunch
 W Roasted Chicken, Cheese &
 Brown Rice
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Brown Rice & Beans
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Delimanjoo

22

A.M. Snack
 W Home Baked Buttermilk
 Pancakes
 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

29

A.M. Snack
 W Home Baked Pandan & Coconut
 Waffle
 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

02

A.M. Snack
 W Home Baked Squares
 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

09

A.M. Snack
 W Home Baked Cocoa Chip
 Breakfast Squares
 Whole Fresh Fruit
Lunch
 W Roasted Chicken, Spaghetti w/
 Special "Chefables Grön Säs"
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Cheese Quesadilla
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Yummy Chefables Rolled Oats
 Cereal

16

A.M. Snack
 W Home Baked Cocoa Cranberry
 Breakfast Bread
 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

23

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

30

A.M. Snack
 W Home Baked Raspberry Lemon
 Square
 Whole Fresh Fruit
Lunch
 W V Cheese Quesadilla
 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/Ma may be substituted for a breakfast grain (3X/week max).
- Just some of the vegetables this month: Artichoke arugula Asian greens asparagus avocado bell pepper beets bok choy broccoli rabe bean (green) cabbage carrots cauliflower chard celery corn cucumber collard cress eggplant endive kale leeks lettuce mushrooms mustard okra onion peas (chile) potato radicchio radishes scallions shallots spinach sprouts squash (summer) tomato turnips Bell Brussels green beans potatoes
- Just some of the fruits this month: Apple Apricot Apriums Blackberry Blueberry Boysenberry Cactus pear Cherries Dates Figs Kiwi Lemon Loquats Melon Mandarin Nectarine Oranges Peaches Pears Plums Pluots Raspberries Rhubarb Strawberry Apples apricot blackberry blueberry cherimoyas cherries dates kiwi lemon loquats mandarins nectarines oranges peaches pears plums pluots raspberries rhubarb strawberry
- **NEW** = New menu offering W = Whole Grain Rich V = Vegetarian Menu Option