

# Palcare July 2023 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>03</p> <p><b>A.M. Snack</b>                      W Breakfast Cereal                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W V Egg Fried Rice                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Red Bean Fried Rice</p> <p><b>P.M. Snack</b>                      Chefables Very Own Cheese Sticks                      W Homemade Soft Pizza Pretzel Stick</p>	<p>04</p> <p><b>Closed</b></p>	<p>05</p> <p><b>A.M. Snack</b>                      W Home Baked Lemon Raspberry Breakfast Bread                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Natural Chicken Tenders                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Grilled Cheese Sandwich</p> <p><b>P.M. Snack</b>                      Chefables Very Own Cheese Sticks                      W Home Baked Crackers</p>	<p>06</p> <p><b>A.M. Snack</b>                      W Home Baked Whole Grain Ube Waffles                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Pepita Chicken Burrito                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Cheese Quesadilla</p> <p><b>P.M. Snack</b>                      W Homemade Brazilian Cheese and Coconut Stick</p>	<p>07</p> <p><b>A.M. Snack</b>                      W Mozzarella Cheese Toasted Sesame Seeds Bagel                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W V Deep Dish Cheese Pizza                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk</p> <p><b>P.M. Snack</b>                      A2 Organic Vanilla Yogurt                      W Yummy Chefables Rolled Oats Cereal</p>
<p>10</p> <p><b>A.M. Snack</b>                      W Breakfast Cereal                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W V Mac &amp; Cheese                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk</p> <p><b>P.M. Snack</b>                      W Homemade Soft Pizza Pretzel Stick                      Whole Fresh Fruit</p>	<p>11</p> <p><b>A.M. Snack</b>                      W Home Baked Cheddar Brioche Muffin                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Natural Chicken Tenders                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Grilled Cheese Sandwich</p> <p><b>P.M. Snack</b>                      Maple Roasted Sunflower and Pumpkin Seeds                      Whole Fresh Fruit</p>	<p>12</p> <p><b>A.M. Snack</b>                      W Home Baked Cocoa Brown Sugar Babka                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      Chicken Salad                      W V WW Pita                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W Hummus w/Feta &amp; Olives</p> <p><b>P.M. Snack</b>                      W Homemade Brazilian Cheese and Coconut Stick</p>	<p>13</p> <p><b>A.M. Snack</b>                      W Home Baked French Toast Sticks                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Orecchiette &amp; Turkey Pasta in a Tomato Cream                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Brown Rice &amp; Beans</p> <p><b>P.M. Snack</b>                      W Homemade Mini Empanadas</p>	<p>14</p> <p><b>A.M. Snack</b>                      W Home Baked Black + White Breakfast Squares                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W V Turkey Mac &amp; Cheese                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Cheese Quesadilla</p> <p><b>P.M. Snack</b>                      A2 Organic Vanilla Yogurt                      W Yummy Chefables Rolled Oats Cereal</p>
<p>17</p> <p><b>A.M. Snack</b>                      W Breakfast Cereal                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W V Green Onions Chicken Ravioli with Tomato Cream                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Lentils + Brown Rice</p> <p><b>P.M. Snack</b>                      Chefables Very Own Cheese Sticks                      W Homemade Soft Pizza Pretzel Stick</p>	<p>18</p> <p><b>A.M. Snack</b>                      W Home Baked Cranberry Mandelbrot                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Natural Chicken Tenders                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Grilled Cheese Sandwich</p> <p><b>P.M. Snack</b>                      Chefables Very Own Cheese Sticks                      W Home Baked Crackers</p>	<p>19</p> <p><b>A.M. Snack</b>                      W Home Baked Lemon Poppy Seed Zucchini Breakfast Bread                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Beef, Cilantro + Corn Burrito                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Cheese Quesadilla</p> <p><b>P.M. Snack</b>                      W Homemade Brazilian Cheese and Coconut Stick</p>	<p>20</p> <p><b>A.M. Snack</b>                      W Home Baked Corn Bread Waffles                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Turkey Spaghetti Bolognese                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Red Bean Spaghetti Bolognese</p> <p><b>P.M. Snack</b>                      Chefables Very Own Cheese Sticks                      W Home Baked Delimanjoo</p>	<p>21</p> <p><b>A.M. Snack</b>                      W Home Baked Cocoa Cranberry Breakfast Bread                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W V Mac &amp; Cheese                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk</p> <p><b>P.M. Snack</b>                      A2 Lemon Poppy Seed Yogurt                      W Home Baked Mini Muffin</p>
<p>24</p> <p><b>A.M. Snack</b>                      W Breakfast Cereal                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W V Egg Fried Rice                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Red Bean Fried Rice</p> <p><b>P.M. Snack</b>                      Maple Roasted Sunflower and Pumpkin Seeds                      Whole Fresh Fruit</p>	<p>25</p> <p><b>A.M. Snack</b>                      W Soft Cream Cheese Stuffed Cinnamon Raisin Bagel Bite                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Natural Chicken Tenders                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Grilled Cheese Sandwich</p> <p><b>P.M. Snack</b>                      Chefables Very Own Cheese Sticks                      W Home Baked Crackers</p>	<p>26</p> <p><b>A.M. Snack</b>                      W Home Baked Banana Cocoa Breakfast Bread                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Turkey Chili Con Carne + Vegetables                      W V Home Baked Corn Bread Muffin                      Fresh Fruit                      Milk                      W V Lentil Chili + Vegetables</p> <p><b>P.M. Snack</b>                      W Homemade Brazilian Cheese and Coconut Stick</p>	<p>27</p> <p><b>A.M. Snack</b>                      W Home Baked Lemon Ricotta Pancakes                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W Chicken Fiesta Burrito                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk                      W V Cheese Quesadilla</p> <p><b>P.M. Snack</b>                      W Homemade Mini Empanadas</p>	<p>28</p> <p><b>A.M. Snack</b>                      W Home Baked Mandelbrot                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W V Mac &amp; Cheese                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk</p> <p><b>P.M. Snack</b>                      A2 Organic Vanilla Yogurt                      W Yummy Chefables Rolled Oats Cereal</p>
<p>31</p> <p><b>A.M. Snack</b>                      W Breakfast Cereal                      Whole Fresh Fruit</p> <p><b>Lunch</b>                      W V Homemade Open-Faced Focaccia Cheese Sandwich                      Steamed/Fresh Vegetables                      Fresh Fruit                      Milk</p> <p><b>P.M. Snack</b>                      W Home Baked Soft Rolled Oat Biscuit                      Whole Fresh Fruit</p>				

**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:** Arugula Asian greens avocado beets bok choy broccoli green beans cabbage carrots cauliflower chard celery corn cucumber collard cress eggplant endive kale leeks lettuce mushrooms mustard okra onion peas peppers potato radicchio radishes scallions shallots spinach sprouts summer squash tomatillo tomato turnips Artichoke arugula asparagus bell pepper rabe bean (green) (chile) (summer)

**Just some of the fruits this month:** Apple apricot blackberry blueberry boysenberry cactus pear cherries dates figs grapes lemon melon mulberries nectarine oranges peaches plums pluots raspberries rhubarb strawberry Apricot Apriums Blackberry Blueberry Boysenberry Cactus Cherries Dates Figs Kiwi Lemon Loquats Melon Mandarin Nectarine Oranges Peaches Pears Plums Pluots Raspberries Rhubarb Strawberry