

Palcare August 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

07
<p>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</p>

14
<p>A.M. Snack W Breakfast Cereal 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 Chefables Very Own Cheese Sticks W Homemade "POP" Rice</p>

21
<p>A.M. Snack W Breakfast Cereal Whole Fresh Fruit Lunch W V Egg Fried Rice Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Homemade "POP" Rice Whole Fresh Fruit</p>

28
<p>A.M. Snack W Breakfast Cereal Whole Fresh Fruit Lunch W Spanish Chicken & Rice Entrée Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheese Quesadilla P.M. Snack W Homemade "POP" Rice Whole Fresh Fruit</p>

01
<p>A.M. Snack W Home Baked Potato Cheddar Cheese 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</p>

08
<p>A.M. Snack W Home Baked French Brioche Whole Fresh Fruit Lunch W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk W V Grilled Cheese Sandwich P.M. Snack Maple Roasted Sunflower and Pumpkin Seeds Whole Fresh Fruit</p>

15
<p>A.M. Snack W Home Baked White Chocolate Chip 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</p>

22
<p>A.M. Snack W Home Baked Roasted Onion Baguette 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</p>

29
<p>A.M. Snack W Home Baked Muffin of the day 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</p>

02
<p>A.M. Snack W Home Baked Zucchini Feta 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 Mini Empanadas</p>

09
<p>A.M. Snack W Home Baked Cream Cheese Babka! Whole Fresh Fruit Lunch W Cold Curry Chicken & Pasta Salad Steamed/Fresh Vegetables Fresh Fruit Milk V Hummus w/Feta & Olives W V WW Pita P.M. Snack W Homemade Brazilian Cheese and Coconut Stick</p>

16
<p>A.M. Snack W Home Baked Sour Cream Streusel Breakfast Bread Whole Fresh Fruit Lunch W Thai Coconut Curry Chicken & Brown Rice Steamed/Fresh Vegetables Fresh Fruit Milk W V Brown Rice & Beans P.M. Snack W Homemade Brazilian Cheese and Coconut Stick</p>

23
Palcare Closed

30
Palcare Closed

03
<p>A.M. Snack W Home Baked Whole Grain Waffles Whole Fresh Fruit Lunch W V Black Bean, Spinach, Cheese & Garnet Yam Burrito Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack W Homemade Brazilian Cheese and Coconut Stick</p>

10
<p>A.M. Snack W Home Baked French Toast Sticks Whole Fresh Fruit Lunch W V Turkey Chorizo, Cheese, Cabbage & Brown Rice Burrito Steamed/Fresh Vegetables Fresh Fruit Milk W V Brown Rice & Beans P.M. Snack W Homemade Mini Empanadas</p>

17
<p>A.M. Snack W Home Baked Corn Bread Waffles Whole Fresh Fruit Lunch W Turkey Spaghetti Bolognese Steamed/Fresh Vegetables Fresh Fruit Milk W V Red Bean Spaghetti Bolognese P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Delimanjoo</p>

24
Palcare Closed

31
<p>A.M. Snack W Home Baked Pandan & Coconut Waffle Whole Fresh Fruit Lunch W V Deep Dish Cheese Pizza Steamed/Fresh Vegetables Fresh Fruit Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Delimanjoo</p>

04
<p>A.M. Snack W UBE Bagel 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</p>

11
<p>A.M. Snack W Home Baked Oat Breakfast BAR Whole Fresh Fruit Lunch W V Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk W V Cheese Quesadilla P.M. Snack A2 Organic Vanilla Yogurt W Yummy Chefables Rolled Oats Cereal</p>

18
<p>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</p>

25
Palcare Closed

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 bean (green) cabbage carrots cauliflower chard celery corn cucumber collard eggplant kale leeks lettuce mushrooms mustard okra onion peas pepper (chile) potato radicchio radishes scallions spinach sprouts squash (summer) tomatillo tomato turnips green beans cress endive peppers shallots summer



Just some of the fruits this month: Apple avocado blackberry blueberry cactus pear grapes lemon melon mulberries nectarine oranges peaches plums pluots raspberries strawberry apricot boysenberry cherries dates figs rhubarb

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