

Palcare September 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

04

Palcare Closed

11

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

18

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Beef, Cilantro + Corn Burrito Steamed/Fresh Vegetables Fresh Fruit Milk
W V Cheese Quesadilla

P.M. Snack

W Homemade "POP" Rice
Whole Fresh Fruit

25

A.M. Snack

W Breakfast Cereal
Whole Fresh Fruit

Lunch

W Chicken Fried Rice Steamed/Fresh Vegetables Fresh Fruit Milk
W V Red Bean Fried Rice

P.M. Snack

W Homemade "POP" Rice
Whole Fresh Fruit

05

A.M. Snack

W Breakfast Cereal
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 Soft Pizza Pretzel Stick
Whole Fresh Fruit

12

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

19

A.M. Snack

W Home Baked Vanilla Lemon Breakfast Roll
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

26

A.M. Snack

W Home Baked 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

06

A.M. Snack

W Home Baked Babka
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders Steamed/Fresh Vegetables Fresh Fruit Milk
W V Grilled Cheese Sandwich

P.M. Snack

W Maple Roasted Sunflower and Pumpkin Seeds
Whole Fresh Fruit

13

A.M. Snack

W Home Baked Breakfast Bread
Whole Fresh Fruit

Lunch

W BBQ Chicken & Brown Rice Steamed/Fresh Vegetables Fresh Fruit Milk
W V Brown Rice & Beans

P.M. Snack

W Homemade Brazilian Cheese and Coconut Stick

20

A.M. Snack

W Home Baked Cinnamon Monkey Breakfast Bread
Whole Fresh Fruit

Lunch

W Turkey Chili Con Carne + Vegetables
W V Home Baked Corn Bread Muffin
Fresh Fruit Milk

P.M. Snack

W Lentil Chili + Vegetables
W Homemade Brazilian Cheese and Coconut Stick

27

A.M. Snack

W Home Baked Cinnamon Swirl 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 Brazilian Cheese and Coconut Stick

07

A.M. Snack

W Home Baked French Toast Sticks w/ Dried Fruit
Whole Fresh Fruit

Lunch

W 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

14

A.M. Snack

W Home Baked Lemon Ricotta Pancakes
Whole Fresh Fruit

Lunch

W V COLD "Spello" Style Chickpea Salad + Veg
W V WW Pita
Fresh Fruit Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Delimanjoo

21

A.M. Snack

W Home Baked Whole Grain Coconut Waffles
Whole Fresh Fruit

Lunch

W Pretzel Stuffed Cheese + Chicken Bake Bun Steamed/Fresh Vegetables Fresh Fruit Milk
W V Cheese Quesadilla

P.M. Snack

W Homemade Mini Empanadas

28

A.M. Snack

W Home Baked French Toast Sticks
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

01

A.M. Snack

W Cheddar Cheese Topped Bagel
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

08

A.M. Snack

W Home Baked Oat Breakfast BAR
Whole Fresh Fruit

Lunch

W V Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats Cereal

15

A.M. Snack

W Home Baked Cranberry Square
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

22

A.M. Snack

W Over Night Oats - Cup
Whole Fresh Fruit

Lunch

W V Mac & Cheese Steamed/Fresh Vegetables Fresh Fruit Milk

P.M. Snack

A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats Cereal

29

A.M. Snack

W Home Baked Classic Banana Breakfast Bread
Whole Fresh Fruit

Lunch

W V Egg & Mozzarella Burrito 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: 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 Artichokes arugula rabe Brussels green cress endive olives peppers summer sunchoke sweet



Just some of the fruits this month: Apple avocado blackberry blueberry cactus pear grapes lemon melon mulberries nectarine oranges peaches plums pluots raspberries strawberry Asian dates figs kiwi quince