

Palcare November 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

06

A.M. Snack
 W Breakfast Cereal of the Day
 Whole Fresh Fruit
Lunch
 W Cold Curry Chicken & Pasta Salad
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Cheese Sandwich on Fresh Chibatta
P.M. Snack
 W Homemade Soft Pizza Pretzel Stick
 Whole Fresh Fruit

13

A.M. Snack
 W Breakfast Cereal of the Day
 Whole Fresh Fruit
Lunch
 W Chicken, Sour Cream & Brown Rice Burrito
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Cheese Quesadilla
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Yummy Chefables Rolled Oats Cereal

20

A.M. Snack
 W Breakfast Cereal of the Day
 Whole Fresh Fruit
Lunch
 W Beef, Cilantro + Corn Burrito
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Brown Rice & Beans
P.M. Snack
 W Homemade "POP" Rice
 Whole Fresh Fruit

27

A.M. Snack
 W Breakfast Cereal of the Day
 Whole Fresh Fruit
Lunch
 W Chicken Fajita Burrito
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Cheese Quesadilla
P.M. Snack
 W Homemade Mini Empanadas

07

A.M. Snack
 W Home Baked Pumpkin Muffin
 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

14

A.M. Snack
 W Home Baked Cheddar Brioche 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

21

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

28

A.M. Snack
 W Home Baked UBE + Pandan Twist
 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

01

A.M. Snack
 W Home Baked Babka
 Whole Fresh Fruit
Lunch
 W Mezzi Rigatoni, Turkey, and Mozzarella
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Red Bean Mezzi Rigatoni and Mozzarella
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

08

A.M. Snack
 W Home Baked Lemon Raspberry 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 Home Baked Delimanjoo
 Whole Fresh Fruit

15

A.M. Snack
 W Home Baked Pumpkin Cranberry Breakfast Bread
 Whole Fresh Fruit
Lunch
 W V Cheesiest Pizza
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

22

A.M. Snack
 W Home Baked Pumpkin Breakfast Bread
 Whole Fresh Fruit
Lunch
 Turkey Chili Con Carne + Vegetables
 W V Home Baked Corn Bread Muffin
 Fresh Fruit
 Milk
 V Red Bean & Veggie Stew
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

29

A.M. Snack
 W Home Baked Cinnamon Swirl 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

02

A.M. Snack
 W Home Baked Corn Bread Waffles
 Whole Fresh Fruit
Lunch
 W V Mac & Cheese
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 W Homemade Mini Empanadas

09

A.M. Snack
 W Home Baked UBE Tres Leches Breakfast Square
 Whole Fresh Fruit
Lunch
 W V Homemade Cheese Ravioli in Tomato Sauce
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 W Homemade Mini Empanadas

16

A.M. Snack
 W Home Baked Buttermilk Pancakes
 Whole Fresh Fruit
Lunch
 W Roasted Chicken Alfredo w/Rigatoni pasta
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Red Bean Rigatoni Alfredo
P.M. Snack
 W Homemade Mini Empanadas

23

Closed

30

A.M. Snack
 W Home Baked French Toast Sticks
 Whole Fresh Fruit
Lunch
 W Roasted Chicken Alfredo w/Rigatoni pasta
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
 W V Red Bean Rigatoni Alfredo
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Delimanjoo

03

A.M. Snack
 W Cheddar Cheese Topped Bagel
 Whole Fresh Fruit
Lunch
 W V Deep Dish Cheese, Olive & Sun-Dried Tomato Pizza
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Yummy Chefables Rolled Oats Cereal

10

Breakfast
 W Home Baked Muffin of the day
 Apple
 Milk
Lunch
 W V Mac & Cheese
 Peas
 Diced Peaches
 Milk
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Crackers

17

A.M. Snack
 W Home Baked Squares
 Whole Fresh Fruit
Lunch
 W V Mac & Cheese
 Steamed/Fresh Vegetables
 Fresh Fruit
 Milk
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Home Baked Mini Muffin

24

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: Artichoke arugula Asian green avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens corn cucumber eggplant beans kale leeks lettuce mushroom okra onion parsnip peas peppers potato radishes rhubarb rutabaga scallions spinach summer/winter squash sunchoke sweet tomatillo tomatoes turnips winter



Just some of the fruits this month: Apples Asian pear blackberries cactus dates figs grapes jujubes kiwi kumquats lemons limes melon oranges peaches persimmons plums pomegranates quince strawberries guava mandarins pomelo

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