

Palcare October 2023 Menu



Monday

02

A.M. Snack

W Breakfast Cereal of the Day
Whole Fresh Fruit

Lunch

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

W V Lentils + Brown Rice

P.M. Snack

W Homemade Soft Pizza Pretzel
Stick
Whole Fresh Fruit

09

A.M. Snack

W Breakfast Cereal of the Day
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 Soft Pizza Pretzel
Stick
Whole Fresh Fruit

16

A.M. Snack

W Breakfast Cereal of the Day
Whole Fresh Fruit

Lunch

W Orecchiette and Chicken Pasta
with Fresh Pesto
Steamed/Fresh Vegetables
Fresh Fruit
Milk

W V Lentils + Brown Rice

P.M. Snack

W Chefables Very Own Cheese Sticks
W Homemade "POP" Rice

23

A.M. Snack

W Breakfast Cereal of the Day
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

W Homemade "POP" Rice
Whole Fresh Fruit

30

A.M. Snack

W Breakfast Cereal of the Day
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

Tuesday

03

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

W Chefables Very Own Cheese Sticks
W Home Baked Crackers

10

A.M. Snack

W Home Baked Cocoa Schnecken
Roll
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

17

A.M. Snack

W Fresh Dried Fruit Focaccia
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

W V Grilled Cheese Sandwich

P.M. Snack

W Chefables Very Own Cheese Sticks
W Home Baked Crackers

24

A.M. Snack

W Home Baked Breakfast Lemon
Filled Challah Bun
Whole Fresh Fruit

Lunch

W Natural Chicken Tenders
Steamed/Fresh Vegetables
Fresh Fruit
Milk

W V Grilled Cheese Sandwich

P.M. Snack

W Chefables Very Own Cheese Sticks
W Home Baked Crackers

31

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

W Chefables Very Own Cheese Sticks
W Home Baked Crackers

Wednesday

04

A.M. Snack

W Home Baked Babka
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

11

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

18

A.M. Snack

W Home Baked Sour Cream
Streusel 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

25

A.M. Snack

W Home Baked Cinnamon Monkey
Breakfast Bread
Whole Fresh Fruit

Lunch

W Beef & Vegetable Stew
W V Home Baked Corn Bread
Muffin
Fresh Fruit
Milk

W V Red Bean & Veggie Stew

P.M. Snack

W Homemade Brazilian Cheese and
Coconut Stick

Thursday

05

A.M. Snack

W Home Baked Whole Grain
Coconut Maple Waffle
Whole Fresh Fruit

Lunch

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

P.M. Snack

W Homemade Brazilian Cheese and
Coconut Stick

12

A.M. Snack

W Home Baked French Toast Sticks
Whole Fresh Fruit

Lunch

W V Cheese & Bean Burrito
Steamed/Fresh Vegetables
Fresh Fruit
Milk

W V Cheese Quesadilla

P.M. Snack

W Homemade Mini Empanadas

19

A.M. Snack

W Home Baked Cocoa Pancakes
Whole Fresh Fruit

Lunch

W V Veggie + Cheese Quiche
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W Homemade Mini Empanadas

26

A.M. Snack

W Home Baked Whole Grain
Waffles
Whole Fresh Fruit

Lunch

W Roasted Chicken, Spaghetti Red
Sauce and Cilantro
Steamed/Fresh Vegetables
Fresh Fruit
Milk

W V Cheese Quesadilla

P.M. Snack

W Homemade Mini Empanadas

Friday

06

A.M. Snack

W Cheddar Cheese Topped Bagel
Whole Fresh Fruit

Lunch

W V Deep Dish Cheese Pizza
Steamed/Fresh Vegetables
Fresh Fruit
Milk

P.M. Snack

W A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

13

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

W A2 Organic Vanilla Yogurt
W Yummy Chefables Rolled Oats
Cereal

20

A.M. Snack

W Home Baked Raspberry Lemon
Square
Whole Fresh Fruit

Lunch

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

P.M. Snack

W A2 Organic Vanilla Yogurt
W Home Baked Mini Muffin

27

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

W 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 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 sunchokes sweet tomatillo tomatoes turnips Artichokes bean cress endive lettuce mushrooms mustard olives radicchio summer tomato



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 Apple avocado blackberry lemon nectarine pluots raspberries strawberry