

# Palcare May 2024 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

06

**A.M. Snack**  
 W Breakfast Cereal of the Day  
 Whole Fresh Fruit  
**Lunch**  
 W Turkey Sausage Roll  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Cheese Quesadilla  
**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 Turkey Sausage Roll  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Brown Rice & Beans  
**P.M. Snack**  
 Chefables Very Own Cheese Sticks  
 W Homemade "POP" Rice

20

**A.M. Snack**  
 W Breakfast Cereal of the Day  
 Whole Fresh Fruit  
**Lunch**  
 Homemade Cranberry Meatloaf  
 W V Brown Rice  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Bean and Cheese Pupas  
**P.M. Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

27

**Palcare  
 Closed**

07

**A.M. Snack**  
 W Home Baked Classic Banana  
 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 Pineapple 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 Poblano Chile Corn  
 Bread 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

28

**A.M. Snack**  
 W Breakfast Cereal of the Day  
 Whole Fresh Fruit  
**Lunch**  
 W V Mac & Cheese  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 W Homemade "POP" Rice  
 Whole Fresh Fruit

01

**A.M. Snack**  
 W Home Baked Classic Banana  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 W V Cheesiest Pizza  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 W Home Baked Delimanjoo  
 Whole Fresh Fruit

08

**A.M. Snack**  
 W Home Baked Peach Ginger  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 W Turkey Spaghetti Bolognese  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Bean and Cheese Pupas  
**P.M. Snack**  
 W Pumpkin Seed & Coconut Biscuit

15

**A.M. Snack**  
 W Home Baked Banana Oat  
 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 Home Baked Delimanjoo  
 Whole Fresh Fruit

22

**A.M. Snack**  
 W Home Baked Lemon Poppy Seed  
 Breakfast Coquille  
 Whole Fresh Fruit  
**Lunch**  
 W NEW Green Chicken Tamale  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Bean and Cheese Pupas  
**P.M. Snack**  
 W Home Baked Delimanjoo  
 Whole Fresh Fruit

29

**A.M. Snack**  
 W Home Baked Schnecken 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

02

**A.M. Snack**  
 W Home Baked Buttermilk  
 Pancakes  
 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 Whole Grain 50/50  
 Waffles  
 Whole Fresh Fruit  
**Lunch**  
 W V Mac & Cheese  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 W Homemade Mini Empanadas

16

**A.M. Snack**  
 W Home Baked French Toast Sticks  
 Whole Fresh Fruit  
**Lunch**  
 W V Mac & Cheese  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 W Homemade Mini Empanadas

23

**A.M. Snack**  
 W Home Baked Lemon Ricotta  
 Pancakes  
 Whole Fresh Fruit  
**Lunch**  
 W NEW Franks Red Hot Buffalo  
 Chicken Burrito  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Cheese Quesadilla  
**P.M. Snack**  
 W Pumpkin Seed & Coconut Biscuit

30

**A.M. Snack**  
 W Home Baked Banana Cacao  
 Breakfast Bread  
 Whole Fresh Fruit  
**Lunch**  
 W V Cheesiest Pizza  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 W Homemade Mini Empanadas

03

**A.M. Snack**  
 W NEW Home Baked Pineapple  
 Breakfast Square  
 Whole Fresh Fruit  
**Lunch**  
 W Chicken Fried Rice  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Bean and Cheese Pupas  
**P.M. Snack**  
 A2 Organic Vanilla Yogurt  
 W Yummy Chefables Rolled Oats  
 Cereal

10

**A.M. Snack**  
 W Hodge Podge (Rice Porridge)  
 Whole Fresh Fruit  
**Lunch**  
 W V Cheese & Bean Burrito  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 A2 Organic Vanilla Yogurt  
 W Yummy Chefables Rolled Oats  
 Cereal

17

**A.M. Snack**  
 W Soft Cream Cheese Stuffed Bagel  
 Bite  
 Whole Fresh Fruit  
**Lunch**  
 W NEW Chefables Turkey  
 Pepperoni Pizza PUFF  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Cheese Quesadilla  
**P.M. Snack**  
 A2 Organic Vanilla Yogurt  
 W Home Baked Mini Muffin

24

**A.M. Snack**  
 W Over Night Oats - Cup  
 Whole Fresh Fruit  
**Lunch**  
 W NEW Chicken, Butter Noodles &  
 Parmesan Cheese  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
 W V Bean and Cheese Pupas  
**P.M. Snack**  
 A2 Organic Vanilla Yogurt  
 W Yummy Chefables Rolled Oats  
 Cereal

31

**A.M. Snack**  
 W Home Baked French Toast Sticks  
 w/ Dried Fruit  
 Whole Fresh Fruit  
**Lunch**  
 W V Mac & Cheese  
 Steamed/Fresh Vegetables  
 Fresh Fruit  
 Milk  
**P.M. Snack**  
 W Homemade Brazilian Cheese and  
 Coconut Stick

**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 greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower chard celery collard kale leeks lettuce mushrooms mustard onion parsnips peas potatoes radicchio radishes rutabagas scallions spinach sunchokes squash (winter) tomato turnips Bell pepper cucumber green beans (chile) shallots



**Just some of the fruits this month:** Apple Asian pear cherimoyas cherries dates grapefruit kumquat lemon limes mandarin oranges pomelos rhubarb strawberry Apples apricot blackberry blueberry kiwi loquats mandarins nectarines peaches pears plums raspberries

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