

# YUMMY CATERING™

the healthy choice

Why does Yummy Catering's food taste so good? Because we make it the way you would. With the use of a unique combination of top quality ingredients, with no excess salt or refined sugar, with added organic products to our menu – our focus is on healthy, nutritious, multicultural, home-style meals that children enjoy.

## PS/SA Menu

| WEEK          | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---------------|--|--|---|---|--|
| <b>Week 1</b> | Chicken Vegetable Italiano<br>(Chicken breast strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms)<br>with Vegetable Pasta<br>Fresh Fruit<br>2% Milk | Cheddar Cheese Omelette<br>Whole Wheat Pita<br>*Peas & Corn<br>Fresh Fruit<br>2% Milk  | Beef Stroganoff<br>(extra lean diced beef, tomatoes, onions, mushrooms)<br>with Whole Wheat Pasta<br>* Spring Mix Salad<br>Fresh Fruit<br>2% Milk | Chickpea Soup<br>(cabbage, *carrots, celery, chickpeas, mushrooms, onions, *peas, potatoes, tomatoes)<br>Whole Wheat Home-Style Bread<br>Fresh Fruit<br>2% Milk | Turkey Chili<br>(extra lean ground turkey, corn, celery, kidney beans, tomatoes, *squash, red/*green peppers, *carrots, onions)<br>Brown Rice<br>Fresh Fruit<br>2% Milk                    |
| <b>Week 2</b> | Buttered Chicken w/ Vegetables<br>(chicken breast, *peas, *squash, *carrots, *broccoli, cauliflower)<br>Brown Rice Noodles<br>Fresh Fruit<br>2% Milk                   | Cheese Ravioli<br>with Lentil Tomato Sauce<br>*Spring Mix Salad<br>Fresh Fruit<br>2% Milk  | Slow Cooked Extra Lean Beef<br>Meatball Submarine Sandwich<br>w/ Yummy Gravy<br>Whole Wheat Bun<br>*Green Beans<br>Fresh Fruit<br>2% Milk         | Baked Haddock<br>& Sole Fish Cakes<br>w/ Vegetable Brown Rice<br>(red peppers, corn, *carrots, onions, *peas)<br>Fresh Fruit<br>2% Milk                         | Minestrone Soup<br>(potatoes, *carrots, onions, tomatoes, celery, cabbage, beans, *peas, pasta)<br>Whole Wheat Sliced Bread<br>Cheese Slice<br>Fresh Fruit<br>2% Milk                      |
| <b>Week 3</b> | Baked Chicken Kafta<br>With *Spinach & Feta Cheese<br>Brown Rice<br>*Spring Mix Salad<br>Fresh Fruit<br>2% Milk  | Baked Pollock Fish Burger<br>Whole Wheat Bun<br>Vegetable Blend<br>(*Broccoli, Cauliflower, *Carrots)<br>Fresh Fruit<br>2% Milk          | Sloppy Joe Casserole<br>(extra lean ground beef, whole wheat pasta, *green & red peppers, *spinach, celery, corn)<br>Fresh Fruit<br>2% Milk       | Yummy Alphabet & Lentil<br>Vegetable Soup<br>(*butternut squash, *peas, lentils, pasta)<br>Whole Wheat Home-Style Bread<br>Hummus<br>Fresh Fruit<br>2% Milk     | Chicken Tacos<br>W.W. Soft Tortilla<br>*Romaine Lettuce and Ranch<br>Dressing<br>Fresh Fruit<br>2% Milk  |
| <b>Week 4</b> | Slow Cooked Swedish Extra<br>Lean Beef Meatballs with<br>Tomato Sauce<br>Whole Wheat Pasta<br>*Spring Mix Salad<br>Fresh Fruit<br>2% Milk                              | Chicken & Orzo Soup<br>(*carrots, celery, chicken, onions, orzo pasta, potatoes, *squash)<br>Mini Ciabatta Bun<br>Fresh Fruit<br>2% Milk | Baked Pollock Wedge<br>w/ Spanish Brown Rice<br>*Green Salad<br>Fresh Fruit<br>2% Milk  | Baked 100% Extra Lean<br>Beef Burgers<br>on a Whole Wheat Bun<br>Vegetable Blend<br>(*green/yellow beans, *carrots)<br>Fresh Fruit<br>2% Milk                   | Whole Wheat Pasta<br>in Tomato Sauce<br>Yummy Mediterranean Salad<br>(black beans, chickpeas, *green/red peppers, *carrots, corn, tomatoes, cucumbers, couscous)<br>Fresh Fruit<br>2% Milk |

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
Fresh Fruit indicated on daily substitution summary

Menu approved by a registered Dietitian

All serving sizes conform to standards in the Child Care and Early Years Act

Water is available at all times

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