

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
Week 1	Chicken Vegetable Italiano (Chicken breast strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms) with Vegetable Rotini Fresh Fruit Milk	Yummy Creamy Leek, Lentil & Potato Soup (*leeks, pureed lentils, potatoes, onions) Pumpnickel & Rye Bread Fresh Fruit Milk	Baked Sole Fish Fillet Moroccan Rice *Spring Mix Salad Fresh Fruit Milk	Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *carrots, corn, tomatoes, cucumbers, couscous) Whole Wheat Pasta in Tomato Sauce Fresh Fruit Milk	Diced Beef & Vegetable Stew (extra lean diced beef, *carrots, onion, potatoes, *peas, celery) Brioche Bun Fresh Fruit Milk
Week 2	Baked Extra Lean Beef Burgers on a Whole Wheat Bun Vegetable Blend (*Green, Yellow Beans, *Carrots) Fresh Fruit Milk	Cheese Tortellini With Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit Milk	Chicken Vegetable Noodle Soup (chicken, *carrots, celery, onions, noodles, potatoes) Whole Wheat Home-Style Bread Fresh Fruit Milk	White Bean & Turkey Chili (turkey, white kidney beans, *zucchini, corn, *squash, *green peppers, onions) Brown Rice Fresh Fruit Milk	Slow Cooked Swedish Extra Lean Beef Meatballs with Tomato Sauce Vegetable Penne *Spinach Salad Fresh Fruit Milk
Week 3	Baked Pollock Wedge Mixed Grain & Vegetable Medley (quinoa, red rice, brown rice, *carrots, onions, corn) Fresh Fruit Milk	Yummy Chickpea Soup (chickpeas, cabbage, *carrots, celery, mushrooms, onions, *peas, potatoes, tomatoes) 9 Grain Bun Fresh Fruit Milk	Whole Wheat Spaghetti w/ Lean Beef Meat Sauce *Spring Mix Salad Fresh Fruit Milk	Veggie Jambalaya (pinto beans, black beans, corn, onions, celery, carrots) Brown Rice Fresh Fruit Milk	Chicken Fajita (chicken breast, *green/red/yellow peppers, onions) Whole Wheat Tortilla Shredded Lettuce & Shredded Carrots Fresh Fruit Milk
Week 4	Lean Beef Meatloaf with Gravy Barley *Spring Mix Salad Fresh Fruit Milk	Turkey & Wild Rice Soup (turkey, wild rice, *green beans, *carrots, celery, onions) Whole Wheat Bread Fresh Fruit Milk	Chicken Tetrastini w/ Pasta and Vegetables (chicken breast, *spinach, onions, *peas, *green/red/yellow peppers) Fresh Fruit Milk	Slow Cooked Swedish Extra Lean Beef Meatballs with Tomato Sauce Whole Wheat Bun *Green Peas and Corn Fresh Fruit Milk	Baked Haddock & Sole Fish Cakes with Brown Rice *Green Salad Fresh Fruit 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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