

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.

## Toddler Menu

DAY	LUNCH
<b>MONDAY</b>	Summer Chicken and Vegetables With Whole Wheat Pasta (chicken breast, whole wheat pasta, *zucchini, *red and *green peppers, onions, corn, *squash) Fresh Fruit Milk
<b>TUESDAY</b>	Slow Cooked Extra Lean Beef Meatballs w/ Tomato Sauce Whole Wheat Bun Medley of Vegetables (*Broccoli, Cauliflower, *Carrots) Fresh Fruit Milk
<b>WEDNESDAY</b>	Baked Pollock Wedge Barley with Mixed Vegetables (barley, *peas, corn, onions) Fresh Fruit Milk
<b>THURSDAY</b>	Tri Colour Cheese Tortellini w/ Pureed Lentil Rose Sauce Steamed *Sweet Potato & Cauliflower Fresh Fruit Milk
<b>FRIDAY</b>	Lean Turkey Meatloaf w/ Gravy Brown Rice *Green Beans Fresh Fruit Milk

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
 Menu approved by a registered Dietitian  
 Water is available at all times

Fresh Fruit may vary depending on season, please refer to daily substitution summary for fresh fruit/ changes



# 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.

**Toddler Menu**

DAY	LUNCH
<b>MONDAY</b>	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun *Peas & Corn Mix Fresh Fruit Milk
<b>TUESDAY</b>	Citrus Turkey w/ Vegetables (diced turkey, *red/yellow/*green peppers, *peas, *broccoli, onions, corn) Brown Rice Fresh Fruit Milk
<b>WEDNESDAY</b>	Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Whole Wheat Pasta in Tomato Sauce Fresh Fruit Milk
<b>THURSDAY</b>	Omelette With Whole Wheat Home-Style Bread Diced *Carrots Fresh Fruit Milk
<b>FRIDAY</b>	Diced Beef & Vegetable Casserole (diced lean beef, ww elbow pasta, *romano beans, yellow & orange carrots, *broccoli) Fresh Fruit Milk

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
Menu approved by a registered Dietitian  
Water is available at all times

Fresh Fruit may vary depending on season, please refer to daily substitution summary for fresh fruit/ changes

Form: C2- 2019  
Rev. No.:01



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.

**Toddler Menu**

DAY	LUNCH
<b>MONDAY</b>	Kung Pao Chicken (chicken breast, *snow peas, cut corn cobs, *carrots, onions, celery) Brown Rice Noodles Fresh Fruit Milk
<b>TUESDAY</b>	Baked Sole Fish Fillet Whole Wheat Couscous Steamed *Broccoli Fresh Fruit Milk
<b>WEDNESDAY</b>	Slow Cooked Extra Lean Beef Meatballs in Tomato Sauce Vegetable Penne *Green Peas Fresh Fruit Milk
<b>THURSDAY</b>	Baked Chicken, Feta & Spinach Kafta Brown Rice Steamed *Sweet Potato & Cauliflower Fresh Fruit Milk
<b>FRIDAY</b>	Chickpea Vegetable Curry (chickpeas, mushrooms, *carrots, *peas, corn, celery, onions) Whole Wheat Naan Fresh Fruit Milk

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
Menu approved by a registered Dietitian  
Water is available at all times

Fresh Fruit may vary depending on season, please refer to daily substitution summary for fresh fruit/ changes

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.

**Toddler Menu**

DAY	LUNCH
<b>MONDAY</b>	Baked Haddock and Cod Fish Cakes Brown Rice *Peas & Corn Mix Fresh Fruit Milk
<b>TUESDAY</b>	Vegan Plant Based Meatballs with Tomato Sauce Whole Wheat Bun *Asparagus and *Carrots Fresh Fruit Milk
<b>WEDNESDAY</b>	Chicken Vegetable Italiano (Chicken breast strips, celery, *spinach, *green peppers, onions, *carrots, mushrooms) Vegetable Pasta Fresh Fruit Milk
<b>THURSDAY</b>	Lean Beef Taco Whole Wheat Tortilla Steamed *Broccoli & Cucumber Fresh Fruit Milk
<b>FRIDAY</b>	<b>FUN FRIDAY</b>  (Please see posting for the special menu)

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
Menu approved by a registered Dietitian  
Water is available at all times

Fresh Fruit may vary depending on season, please refer to daily substitution summary for fresh fruit/ changes