

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.

Preschool / School Age Menu

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

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

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

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

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