

# 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.

## Preschool / School Age Menu

DAY	LUNCH
<b>MONDAY</b>	Slow Cooked Swedish Extra Lean Beef Meatballs In Homemade Tomato Sauce Vegetable Fusilli *Spring Mix Salad Fresh Fruit Milk
<b>TUESDAY</b>	Turkey Pot Pie Stew (turkey *carrots, celery, *peas, onions, *green beans) Brown Rice Fresh Fruit Milk
<b>WEDNESDAY</b>	Baked Pollock Wedge Fish Taco Whole Wheat Tortilla *Romaine Lettuce Fresh Fruit Milk
<b>THURSDAY</b>	Yummy Chicken Chili (diced chicken, white beans, tomatoes, *squash, corn, red/*green peppers, *carrots, celery, onions) Barley Fresh Fruit Milk
<b>FRIDAY</b>	Creamy Broccoli & Lentil Soup (*broccoli, lentils, potatoes, onions, celery) 9 Grain Bread 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



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DAY	LUNCH
<b>MONDAY</b>	Whole Wheat Spaghetti with Vegan Plant Based Tomato Bolognese *Spring Mix Salad Fresh Fruit Milk
<b>TUESDAY</b>	Lean Beef Meatloaf with Gravy Whole Wheat Dinner Roll *Green Peas Fresh Fruit Milk
<b>WEDNESDAY</b>	Chicken Teriyaki w/ Vegetables (baked chicken breast, *sliced carrots, *red/green peppers, *green beans, cauliflower, onions) Brown Rice Fresh Fruit Milk
<b>THURSDAY</b>	Sweet Potato & Chickpea Soup (chickpeas, *sweet potatoes, potatoes, celery, onions, star pasta) Whole Wheat Home-Style Bread Fresh Fruit Milk
<b>FRIDAY</b>	Baked Chicken, *Spinach & Feta Cheese Kafta Whole Wheat Couscous *Green Salad Fresh Fruit Milk

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DAY	LUNCH
<b>MONDAY</b>	Slow Cooked Extra Lean Beef Meatball Submarine Sandwich w/Tomato Sauce Whole Wheat Bun *Spring Mix Salad Fresh Fruit Milk
<b>TUESDAY</b>	Baked Sole Fish Fillet Mixed Grain & Vegetable Medley (brown rice, red rice, quinoa, *peas, *carrots) Fresh Fruit Milk
<b>WEDNESDAY</b>	Tri Colour Cheese Tortellini In a Creamy Lentil Sauce *Spinach Salad Fresh Fruit Milk
<b>THURSDAY</b>	Tex Mex Beef Bowl (lean ground beef, *red/green peppers, corn, *zucchini, onions) Brown Rice Fresh Fruit Milk
<b>FRIDAY</b>	Chicken Vegetable Noodle Soup (Seasoned boiled diced chicken, potatoes, celery, *kale, onions, *carrots) Brioche Bread Fresh Fruit Milk

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DAY	LUNCH
<b>MONDAY</b>	Baked Haddock and Sole Fish Cake Yummy Spanish Brown Rice *Spring Mix Salad Fresh Fruit Milk
<b>TUESDAY</b>	Baked 100% Extra Lean Beef Burgers Whole Wheat Bun *Broccoli and Cauliflower Fresh Fruit Milk
<b>WEDNESDAY</b>	Thai Chicken & Vegetables (chicken breast strips, *green peas, *sliced carrots, *green/red/yellow pepper strips, onions) Brown Rice Noodles Fresh Fruit Milk
<b>THURSDAY</b>	Beef Stroganoff with Whole Wheat Pasta (extra lean diced beef, tomatoes, onions, mushrooms and whole wheat pasta) *Green Salad Fresh Fruit Milk
<b>FRIDAY</b>	Yummy Minestrone Vegetable Alphabet Soup (potatoes, *carrots, onions, tomatoes, celery, cabbage, beans, *peas, and pasta) Whole Wheat Bread Fresh Fruit Milk

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