

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
MONDAY	Slow Cooked Swedish Extra Lean Beef Meatballs In Homemade Tomato Sauce Vegetable Fusilli *Peas & Corn Medley Fresh Fruit Milk
TUESDAY	Turkey Pot Pie Stew (turkey *carrots, celery, *peas, onions, *green beans) Brown Rice Fresh Fruit Milk
WEDNESDAY	Baked Pollock Wedge Fish Taco Whole Wheat Tortilla Steamed Cauliflower & *Sweet Potato Fresh Fruit Milk
THURSDAY	Yummy Chicken Chili (baked diced chicken, white beans, tomatoes, *squash, corn, red/*green peppers, *carrots, celery, onions) Barley Fresh Fruit Milk
FRIDAY	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
MONDAY	Whole Wheat Spaghetti with Vegan Plant Based Tomato Bolognese Diced *Carrots & Corn Fresh Fruit Milk
TUESDAY	Lean Beef Meatloaf with Gravy Whole Wheat Dinner Roll *Green Peas Fresh Fruit Milk
WEDNESDAY	Chicken Teriyaki w/ Vegetables (baked chicken breast, *sliced carrots, *red/green peppers, cauliflower, celery, onions) Brown Rice Fresh Fruit Milk
THURSDAY	Sweet Potato & Chickpea Soup (chickpeas, *sweet potatoes, potatoes, celery, *peas, onions, star pasta) Whole Wheat Home-Style Bread Fresh Fruit Milk
FRIDAY	Baked Chicken, *Spinach & Feta Cheese Kafta Whole Wheat Couscous Steamed *Broccoli Fresh Fruit Milk

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

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DAY	LUNCH
MONDAY	Baked Haddock and Sole Fish Cake Yummy Spanish Brown Rice *Peas and Corn Mix Fresh Fruit Milk
TUESDAY	Baked 100% Extra Lean Beef Burgers Whole Wheat Bun *Broccoli and Cauliflower Fresh Fruit Milk
WEDNESDAY	Thai Chicken & Vegetables (baked chicken breast strips, *green peas, *sliced carrots, *green/red/yellow pepper strips, onions) Brown Rice Noodles Fresh Fruit Milk
THURSDAY	Beef Stroganoff with Whole Wheat Pasta (extra lean diced beef, tomatoes, onions, mushrooms and whole wheat elbow pasta) Steamed Cauliflower and *Sweet Potato Fresh Fruit Milk
FRIDAY	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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