

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	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cereal Milk	Egg Patty Whole Wheat Bun *Spring Mix Salad Fresh Fruit Milk	Whole Wheat Mini Pita with Cauliflower Tomato Hummus
TUESDAY	Raisin Bread with Pear & Apple 100% Fruit Puree Milk	Whole Wheat Pasta w/ Creamy Basil Sauce Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit Milk	Fresh Fruit with 8 Grain Crackers
WEDNESDAY	Croissants Fresh Fruit Milk	Sweet Chili Chicken (*bell peppers, *broccoli, *carrots (yellow & orange), chicken, onions, *romano beans) Brown Rice Fresh Fruit Milk	Vegan Lemon Chia Loaf with Strawberry & Mango 100% Fruit Puree
THURSDAY	Whole Wheat English Muffin with Cinnamon Spread Milk	Baked Pollock Fish Wedge Rainbow Couscous (*carrots, corn, couscous, *peas) Fresh Fruit Milk	Yogurt Yummy Multigrain Trail Mix
FRIDAY	Pineapple Oatmeal Bar Milk	Slow Cooked Extra Lean Beef Meatballs w/ Tomato Sauce Whole Wheat Linguini *Green Salad Fresh Fruit Milk	Whole Grain Stuffed Bagel Bite with Fresh Carrots

*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	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Tri Colour Cheese Tortellini w/ Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit Milk	Vegan Apple & Date Oatmeal Cookie with Peach Twist 100% Fruit Puree
TUESDAY	Pancakes with Mixed Berry 100% Fruit Puree Milk	Tuna Rice Bowl (*broccoli, celery, green onions, *green/red peppers, rice, tuna, *zucchini) Fresh Fruit Milk	Fresh Fruit with Whole Grain Garden Veggie Bites
WEDNESDAY	Granola Round Fresh Fruit Milk	Veggie Taco Whole Wheat Tortilla *Romaine Lettuce Fresh Fruit Milk	Yummy Apple Pie Smoothie Bowl
THURSDAY	Yogurt with Whole Grain Gluten Free Cereal Mix Milk	Chicken Vegetable Italiano (chicken breast strips, celery, *spinach, *green peppers, onions, *carrots, mushrooms) Vegetable Pasta Fresh Fruit Milk	Multigrain Chia Crisps with Corn & Vegetable Salad
FRIDAY	Egg Salad with Cracked Wheat Crackers Milk	Vegan Chickpea Bites Yummy Fusion Barley *Green Peas Fresh Fruit Milk	Blueberry Oat Bun Fresh Fruit

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DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Yummy Mac & Cheese (elbow pasta, pureed white bean & cheese sauce) *Spring Mix Salad Fresh Fruit Milk	Whole Wheat Mini Pita with Cocoa Hummus
TUESDAY	Raisin Bread with Pear & Apple 100% Fruit Puree Milk	Slow Cooked Extra Lean Beef Meatballs w/ Tomato Sauce Whole Wheat Bun Vegetable Medley (*carrots, *green/yellow beans) Fresh Fruit Milk	Fresh Fruit with Spice Snaps
WEDNESDAY	Croissants Fresh Fruit Milk	Lemon Dill Chicken & Vegetables (cauliflower, chicken, *carrots, *green peppers, onions, *zucchini) Brown Rice Noodles Fresh Fruit Milk	Whole Grain Banana Oat and Flax Loaf with Tropical 100% Fruit Puree
THURSDAY	Whole Wheat English Muffin with Cinnamon Spread Milk	Cheese Omelette Whole Wheat Home-Style Bread *Green Salad Fresh Fruit Milk	Yogurt Yummy Multigrain Trail Mix
FRIDAY	Blueberry Oatmeal Bar Milk	*Sweet Potato, Lentil & *Spinach Dahl Whole Wheat Couscous Fresh Fruit Milk	Cheese Bun with Fresh Carrots

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DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Thin Bun *Spring Mix Salad Fresh Fruit Milk	Vegan Apple & Date Oatmeal Cookie with Peach Twist 100% Fruit Puree
TUESDAY	Pancakes with Raspberry & Apple 100% Fruit Puree Milk	Baked Haddock and Cod Fish Cakes Vegetable Barley (barley, corn, *peas, onion) Fresh Fruit Milk	Fresh Fruit with Multigrain Pita Crackers
WEDNESDAY	Granola Round Fresh Fruit Milk	Vegetarian Lazy Lasagna (soy protein, pasta, *spinach, onions, red/*green peppers,) *Spinach Salad Fresh Fruit Milk	Yummy Apple Pie Smoothie Bowl
THURSDAY	Yogurt with Whole Grain Gluten Free Cereal Mix Milk	Baked Chicken, Feta & Spinach Kafta Garlic Brown Rice *Green Beans Fresh Fruit Milk	Multigrain Chia Crisps with Corn & Vegetable Salad
FRIDAY	Hard Boiled Egg Cracked Wheat Crackers Milk	FUN FRIDAY (Please see posting for the special menu)	Blueberry Oat Bun Fresh Fruit

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