

# 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**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Egg Patty Whole Wheat Bun *Green Peas Fresh Fruit	Whole Wheat Pasta w/ Creamy Basil Sauce Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit	Sweet Chili Chickpeas (*bell peppers, *broccoli, *carrots (yellow & orange), chickpeas, onions, *romano beans) Brown Rice Fresh Fruit	Baked Pollock Fresh Fish Fillet with BBQ Sauce Rainbow Couscous (*carrots, corn, couscous, *peas) Fresh Fruit	Vegan Bolognese Whole Wheat Linguini *Green Beans Fresh Fruit
<b>Week 2</b>	Tri Colour Cheese Tortellini w/ Pureed Lentil Rose Sauce *Diced Carrots Fresh Fruit	Tuna Rice Bowl (*broccoli, celery, green onions, *green/red peppers, rice, tuna, *zucchini) Fresh Fruit	Veggie Taco Whole Wheat Tortilla *Peas & Corn Fresh Fruit	Lentil Vegetable Italiano (celery, *spinach, *green peppers, onions, lentils, *carrots, mushrooms) Vegetable Pasta Fresh Fruit	Vegan Chickpea Bites Yummy Fusion Barley *Green Peas Fresh Fruit
<b>Week 3</b>	Yummy Mac & Cheese (elbow pasta, pureed white bean & cheese sauce) *Green Peas Fresh Fruit	Meatless Sloppy Joe Whole Wheat Bun Vegetable Medley (*carrots, *green/yellow beans) Fresh Fruit	Lemon Dill Chickpeas & Vegetables (cauliflower, chickpeas, *carrots, *green peppers, onions, *zucchini) Brown Rice Noodles Fresh Fruit	Cheese Omelette Whole Wheat Home-Style Bread *Green Beans Fresh Fruit	*Sweet Potato, Lentil & *Spinach Dahl Whole Wheat Couscous Fresh Fruit
<b>Week 4</b>	Baked Vegetarian Burgers on a Whole Wheat Thin Bun *Diced Carrots Fresh Fruit	Baked Pollock Fresh Fish Fillet with an Orange & Rosemary Sauce Vegetable Barley (barley, corn, *peas, onion) Fresh Fruit	Vegetarian Lazy Lasagna (soy protein, pasta, *spinach, onions, red/*green peppers,) Steamed *Broccoli & Cauliflower Fresh Fruit	Chickpea & Vegetable Stew Garlic Brown Rice *Green Beans Fresh Fruit	<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

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