

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	Whole Grain Cereal Milk	Egg & Rice Casserole (*carrots, eggs, lentils, onions, *peas, rice) *Spring Mix Salad Fresh Fruit Milk	Garlic Naan with Tomato Bruschetta
TUESDAY	Raisin Bread with Cinnamon Spread Milk	Slow Cooked Extra Lean Beef Meatballs with Tomato Sauce Whole Wheat Bun *Green Beans Fresh Fruit Milk	Fresh Fruit with Autumn Harvest Crackers
WEDNESDAY	Yogurt with Rice Chex Milk	Ratatouille with Chickpeas and Vegetable Pasta (chickpeas, eggplant, *green/red peppers, mushrooms, onions, tri-colour pasta, *zucchini) Fresh Fruit Milk	Whole Grain Vegan Carrot Muffin Hats with Peach & Apple 100% Fruit Puree
THURSDAY	Pancakes with Raspberry & Apple 100% Fruit Puree Milk	Baked Pollock Wedge Cauliflower & Quinoa Pilaf *Green Salad Fresh Fruit Milk	Yummy Chia Delight (banana, coconut milk, chia seeds)
FRIDAY	Blueberry Oatmeal Bar Milk	Chicken Noodle Soup (*carrots, celery, chicken breast, corn, fresh pasta, *kale, onions, potatoes) with Whole Wheat Home-Style Bread Fresh Fruit Milk	Fresh Carrots with Roasted Red Pepper Dip

*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	Cereal Milk	Butter Chicken (cauliflower, chicken breast, *green/red peppers, *peas, sliced *carrots) Brown Rice Fresh Fruit Milk	Vegan Apple & Date Oatmeal Cookie with Very Berry 100% Fruit Puree
TUESDAY	French Toast with Unsweetened Applesauce Milk	Creamy Broccoli Lentil Soup (*broccoli, lentils, potatoes, onions, celery,) Whole Grain Bran Bread Fresh Fruit Milk	Fresh Fruit with Rosemary & Olive Oil Wheat Squares
WEDNESDAY	Croissants Fresh Fruit Milk	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun *Spring Mix Salad Fresh Fruit Milk	Yogurt with Yummy WG Trail Mix with Granola Clusters
THURSDAY	Whole Wheat Bagel with Pumpkin Spread Milk	Vegetarian Chili (corn, *green & red peppers, red & white kidney beans, soy protein, *squash) Mixed Grains Fresh Fruit Milk	Raisin Oatmeal Bar
FRIDAY	Hard Boiled Egg with Cracked Wheat Crackers Milk	Country Tuna, Pasta & Vegetable Casserole (*carrots, *peas, onions, tuna, whole wheat pasta) *Green Salad Fresh Fruit Milk	Fresh Pineapple with Pretzel Bites

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Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Sweet & Sour Extra Lean Beef Meatballs with Pineapple Sushi Rice *Spring Mix Salad Fresh Fruit Milk	Garlic Naan with Pico de Gallo Bruschetta
TUESDAY	Raisin Bread with Cinnamon Spread Milk	Alphabet & Split Pea Soup (alphabet pasta, *carrots, celery, onions, *peas, split peas) Whole Grain Potato & Scallion Bun Fresh Fruit Milk	Fresh Fruit with Whole Grain Cracker Bites
WEDNESDAY	Yogurt with Rice Chex Milk	Egg Vermicelli (*broccoli, *carrots, celery, egg, green onions, *green/red peppers, vermicelli noodles, *zucchini) Fresh Fruit Milk	Whole Grain Apple Muffin Hats with Pear & Apple 100% Fruit Puree
THURSDAY	Pancakes with Strawberry & Apple 100% Fruit Puree Milk	Whole Wheat Spaghetti Vegan Bolognese *Green Salad Fresh Fruit Milk	Yummy Cocoa Chia Delight (banana, chia seeds, cocoa, coconut milk)
FRIDAY	Blueberry Oatmeal Bar Milk	Baked Haddock and Cod Fish Cakes with Barley & Vegetables (barley, corn, *peas, red peppers) Fresh Fruit Milk	Fresh Vegetables with Southwestern Dip

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Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Chicken Bruschetta Whole Wheat Couscous *Spring Mix Salad Fresh Fruit Milk	Vegan Apple & Date Oatmeal Cookie with Very Berry 100% Fruit Puree
TUESDAY	French Toast with Unsweetened Applesauce Milk	Vegan Thai Curry with Chickpeas (*broccoli, *carrots, cauliflower, chickpeas, onions, peas, *red/green/yellow peppers) Brown Rice Fresh Fruit Milk	Bananas with Chia & Quinoa Baked Pita Crackers
WEDNESDAY	Croissants Fresh Fruit Milk	Turkey & Anelli Pasta Soup (anelli pasta, celery, corn, *green beans, onions, turkey) Whole Wheat Bread Fresh Fruit Milk	Yogurt with Yummy WG Trail Mix with Granola Clusters
THURSDAY	Whole Wheat Bagel with Pumpkin Spread Milk	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spinach Salad Fresh Fruit Milk	Raisin Oatmeal Bar
FRIDAY	Egg Salad with Cracked Wheat Crackers Milk	FUN FRIDAY (Please see posting for the special menu)	Fresh Fruit with Pretzel Bites

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