

# 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	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Egg & Rice Casserole (*carrots, eggs, lentils, onions, *peas, rice) *Carrots & Corn Fresh Fruit Milk	Garlic Naan with Tomato Bruschetta
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Pancakes with Raspberry & Apple 100% Fruit Puree Milk	Baked Pollock Wedge Cauliflower & Quinoa Pilaf *Green Peas Fresh Fruit Milk	Yummy Chia Delight (banana, coconut milk, chia seeds)
<b>FRIDAY</b>	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	Steamed Carrots w/ 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
<b>MONDAY</b>	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
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	Croissants Fresh Fruit Milk	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun *Diced Carrots Fresh Fruit Milk	Yogurt with Yummy WG Trail Mix with Granola Clusters
<b>THURSDAY</b>	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
<b>FRIDAY</b>	Hard Boiled Egg With Cracked Wheat Crackers Milk	Country Tuna, Pasta & Vegetable Casserole (*carrots, *peas, onions, tuna, whole wheat pasta) *Green Peas Fresh Fruit Milk	Fresh Pineapple with Pretzel Bites

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DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Sweet & Sour Extra Lean Beef Meatballs with Pineapple Sushi Rice *Carrots & Corn Mix Fresh Fruit Milk	Garlic Naan with Pico de Gallo Bruschetta
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Pancakes with Strawberry & Apple 100% Fruit Puree Milk	Whole Wheat Spaghetti Vegan Bolognese *Broccoli & Cauliflower Fresh Fruit Milk	Yummy Cocoa Chia Delight (banana, chia seeds, cocoa, coconut milk)
<b>FRIDAY</b>	Blueberry Oatmeal Bar Milk	Baked Haddock and Cod Fish Cakes With Barley & Vegetables (barley, corn, *peas, red peppers) Fresh Fruit Milk	Steamed Vegetables with Southwestern Dip

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<b>MONDAY</b>	Whole Grain Cereal Milk	Chicken Bruschetta Whole Wheat Couscous *Green Peas Fresh Fruit Milk	Vegan Apple & Date Oatmeal Cookie with Very Berry 100% Fruit Puree
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Whole Wheat Bagel with Pumpkin Spread Milk	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Diced Carrots Fresh Fruit Milk	Raisin Oatmeal Bar
<b>FRIDAY</b>	Egg Salad with Cracked Wheat Crackers Milk	<b>FUN FRIDAY</b> (Please see posting for the special menu)	Fresh Fruit with Pretzel Bites

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