

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.

PS/SA Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Baked Chicken Kafta With *Spinach & Feta Cheese Brown Rice *Spring Mix Salad Fresh Fruit Homogenized Milk	Ancaster Soup (chicken broth, potatoes, *green peppers, *carrots, *green beans, celery, onions, tomatoes, pasta) W.W. Home-Style Bread Yummy Pumpkin Hummus Fresh Fruit Homogenized Milk	Beef Teriyaki Vegetable Stir Fry (extra lean beef, *broccoli, cauliflower, *carrots) Brown Rice Noodles Fresh Fruit Homogenized Milk	Yummy Signature Quinoa Salad with Chickpeas, Beans and Vegetables (*carrots, tomatoes, *green/red peppers, cucumber) Whole Wheat Pasta in Tomato Sauce Fresh Fruit Homogenized Milk	Beef and Vegetable Burrito (extra lean ground beef, *peas, corn, *green/red peppers, black beans) Shredded Lettuce Whole Wheat Soft Tortilla Fresh Fruit Homogenized Milk
Week 2	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun *Peas & *Carrots Fresh Fruit Homogenized Milk	Chicken Bruschetta (baked chicken breast strips, diced tomatoes, *green peppers, onions) w/ Whole Wheat Linguine *Spring Mix Salad Fresh Fruit Homogenized Milk	Chickpea Soup with Vegetables (chickpeas, *carrots, celery, *peas, onions, potatoes) Whole Wheat French Baguette Fresh Fruit Homogenized Milk	Baked Pollock Wedge w/ Vegetable Brown Rice (brown rice, red peppers, corn, onions, *carrots, *peas) Fresh Fruit Homogenized Milk	Extra Lean Beef Meatballs In Homemade Tomato Sauce Whole Wheat Noodles *Green Salad Fresh Fruit Homogenized Milk
Week 3	Minestrone Vegetable Soup (potatoes, *carrots, onions, tomatoes, celery, cabbage, beans, *peas, and w.w. pasta) Marble Rye Bread Chunky Chickpea Salad Fresh Fruit Homogenized Milk	Cheese Ravioli w/ Extra Lean Beef and Lentil Tomato Sauce *Spring Mix Salad Fresh Fruit Homogenized Milk	Chicken Vegetable Noodle Soup (Seasoned boiled diced chicken, potatoes, celery, onions, corn, *carrots) Whole Wheat Javaneeh Bread Fresh Fruit Homogenized Milk	Baked Haddock and Sole Fish Cakes Spanish Brown Rice *Green Salad Fresh Fruit Homogenized Milk	Omelette Whole Wheat Home-Style Bread Fresh *Carrots Fresh Fruit Homogenized Milk
Week 4	Extra Lean Beef Meatball Sandwich w/ BBQ Sauce Whole Wheat Bun Vegetable Blend (*broccoli, cauliflower, *carrots) Fresh Fruit Homogenized Milk	Baked Pollock Wedge Brown Rice *Spring Mix Salad Fresh Fruit Homogenized Milk	Yummy Alphabet & Lentil Vegetable Soup (*butternut squash, *peas, lentils, pasta) Whole Wheat Bread w/ Cheese Slice Fresh Fruit Homogenized Milk	Chicken Vegetable Italiano (Chicken breast strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms) with Vegetable Pasta Fresh Fruit Homogenized Milk	Yummy Vegetable Bean Chili (kidney beans, tomatoes, red/*green peppers, *carrots, celery, corn, *squash, onions) Brown Rice Fresh Fruit Homogenized Milk

*Indicates Dark Green and/or Dark Orange Vegetable offered daily
Fresh Fruit indicated on daily substitution summary
Menu approved by a registered Dietitian
All serving sizes conform to standards in the Child Care and Early Years Act
Water is available at all times

1444 Dupont Street, Unit 12-13, Toronto, ON, M6P 4H3
Office: 416-532-5250 | Fax: 416-532-4313
Toll Free: 1-866-34-YUMMY | Web: www.yummycatering.ca

