

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 100% Extra Lean Beef Burgers on a Whole Wheat Bun Vegetable Blend (*Green and Yellow Beans, *Carrots) Fresh Fruit Milk	Lean Turkey Meatballs with Tomato Sauce w/ Whole Wheat Pasta *Spinach Salad Fresh Fruit Milk	Baked Sole Fish Fillet Vegetable Barley Pilaf (barley, red peppers, onions, *peas) Fresh Fruit Milk	Summer Veggie Chili (kidney beans, black beans, tomatoes, *squash, red/*green peppers, *carrots, corn, onions) Whole Wheat Home-Style Bread Fresh Fruit Milk	Caribbean Chicken Brown Rice *Spring Mix Salad Fresh Fruit Milk
Week 2	Chicken Vegetable Italiano (chicken breast strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms) with Vegetable Pasta Fresh Fruit Milk	Slow Cooked Swedish Extra Lean Beef Meatballs with Yummy Gravy Whole Wheat Bun *Green Peas Fresh Fruit Milk	Baked Haddock & Cod Fish Cakes Brown Rice *Spring Mix Salad Fresh Fruit Milk	Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *carrots, corn, tomatoes, cucumbers, couscous) Whole Wheat Pasta in Rose Sauce Fresh Fruit Milk	Lean Beef Tacos Whole Wheat Soft Tortilla Fresh *Romaine Lettuce & Ranch Dressing Fresh Fruit Milk
Week 3	Baked Pollock Wedge Yellow Vegetable Rice (brown rice, *carrots, onions, corn) Fresh Fruit Milk	Cheese Tortellini with Lentil Tomato Sauce *Spring Mix Salad Fresh Fruit Milk	Beef and Vegetable Lo Mien (extra lean diced beef, *broccoli, cauliflower, *carrots) Brown Rice Noodles Fresh Fruit Milk	Baked Breaded All White Meat Chicken Whole Wheat Bun *Green Beans Fresh Fruit Milk	Lazy Lasagna (lean ground beef, pasta, *spinach, onions, red/*green peppers, corn, *squash) Fresh Fruit Milk
Week 4	Baked Chicken Kofta With *Spinach & Feta Cheese Brown Rice *Spring Mix Salad Fresh Fruit Milk	Yummy Chickpea Stew (chickpeas, mushrooms, *carrots, corn, onions, red/*green peppers) Whole Wheat Home-Style Bread Fresh Fruit Milk	Slow Cooked Swedish Extra Lean Beef Meatballs with Tomato Sauce Vegetable Penne *Green Salad Fresh Fruit Milk	Lean Turkey Meatloaf Ciabatta Bun Fresh *Carrots Fresh Fruit Milk	FUN FRIDAY (please see posting for the special menu)

*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

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