

# 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
<b>Week 1</b>	Egg & Rice Casserole (*carrots, eggs, lentils, onions, *peas, rice) *Spring Mix Salad Fresh Fruit Milk	Slow Cooked Extra Lean Beef Meatballs with Tomato Sauce Whole Wheat Bun *Green Beans Fresh Fruit Milk	Ratatouille with Chickpeas and Vegetable Pasta (chickpeas, eggplant, *green/red peppers, mushrooms, onions, tri-colour pasta, *zucchini) Fresh Fruit Milk	Baked Pollock Wedge Cauliflower & Quinoa Pilaf *Green Salad Fresh Fruit Milk	Chicken Noodle Soup (*carrots, celery, chicken breast, corn, fresh pasta, *kale, onions, potatoes) with Whole Wheat Home-Style Bread Fresh Fruit Milk
<b>Week 2</b>	Butter Chicken (cauliflower, chicken breast, *green/red peppers, *peas, sliced *carrots) Brown Rice Fresh Fruit Milk	Creamy Broccoli Lentil Soup (*broccoli, lentils, potatoes, onions, celery) Whole Grain Bran Bread Fresh Fruit Milk	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun *Spring Mix Salad Fresh Fruit Milk	Vegetarian Chili (corn, *green & red peppers, red & white kidney beans, soy protein, *squash) Mixed Grains Fresh Fruit Milk	Country Tuna, Pasta & Vegetable Casserole (*carrots, *peas, onions, tuna, whole wheat pasta) *Green Salad Fresh Fruit Milk
<b>Week 3</b>	Sweet & Sour Extra Lean Beef Meatballs with Pineapple Sushi Rice *Spring Mix Salad Fresh Fruit Milk	Alphabet & Split Pea Soup (alphabet pasta, *carrots, celery, onions, *peas, split peas) Whole Grain Potato & Scallion Bun Fresh Fruit Milk	Egg Vermicelli (*broccoli, *carrots, celery, egg, green onions, *green/red peppers, vermicelli noodles, *zucchini) Fresh Fruit Milk	Whole Wheat Spaghetti Vegan Bolognese *Green Salad Fresh Fruit Milk	Baked Haddock and Cod Fish Cakes With Barley & Vegetables (barley, corn, *peas, red peppers) Fresh Fruit Milk
<b>Week 4</b>	Chicken Bruschetta Whole Wheat Couscous *Spring Mix Salad Fresh Fruit Milk	Vegan Thai Curry with Chickpeas (*broccoli, *carrots, cauliflower, chickpeas, onions, peas, *red/green/yellow peppers) Brown Rice Fresh Fruit Milk	Turkey & Anelli Pasta Soup (anelli pasta, celery, corn, *green beans, onions, turkey) Whole Wheat Bread Fresh Fruit Milk	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spinach Salad Fresh Fruit Milk	<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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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](http://www.yummycatering.ca)

