

# YUMMY CATERING™

the healthy choice

## PS-SA Vegetarian Menu

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.

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	Falafel Balls 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 Veggie Tenders Cauliflower & Quinoa Pilaf *Green Salad Fresh Fruit Milk	Meatless Noodle Soup (beans, *carrots, celery, corn, fresh pasta, *kale, onions, potatoes) with Whole Wheat Home-Style Bread Fresh Fruit Milk
<b>Week 2</b>	Meatless Butter Chicken (cauliflower, diced soy protein, *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 Vegetarian 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 Chickpeas, Pasta & Vegetable Casserole (*carrots, chickpeas, *peas, onions, whole wheat pasta) *Green Salad Fresh Fruit Milk
<b>Week 3</b>	Sweet & Sour Falafel Balls 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 Veggie Tenders With Barley & Vegetables (barley, corn, *peas, red peppers) Fresh Fruit Milk
<b>Week 4</b>	Meatless 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	Mixed Beans & Anelli Pasta Soup (anelli pasta, celery, corn, *green beans, mixed beans, onions) 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

Form: CI- 2020  
Rev. No.:01

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

