

# 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 VEG Menu**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Egg & Rice Casserole (*broccoli, brown rice, *carrots, celery, egg, green onions, *green/red peppers, lentils, onions, zucchini) *Spring Mix Salad Fresh Fruit Milk	Falafel Balls w/ Curry Tomato Sauce Whole Wheat Bun *Peas & Corn Fresh Fruit Milk	Vegetarian Stroganoff with Whole Wheat Pasta (*carrots, cauliflower, corn, diced veggie cutlet, onions, mushrooms, *spinach, ww pasta) Fresh Fruit Milk	Sweet Potato Soup (celery, chickpeas, *leeks, onions, star pasta, *sweet potatoes, white potatoes) Whole Grain Brioche Bread Fresh Fruit Milk	Vegetarian Black Bean Burrito (black beans, couscous, onions, red peppers, soy protein) Whole Wheat Tortilla *Romaine Lettuce Fresh Fruit Milk
<b>Week 2</b>	Yummy Corn Chowder (cauliflower, *carrots, celery, corn, onions, potatoes, white beans) Marble Rye Bread Fresh Fruit Milk	Baked Veggie Tenders Lemon Brown Rice *Spring Mix Salad Fresh Fruit Milk	Ratatouille w/ Chickpeas and Vegetable Pasta (chickpeas, eggplant, *green/red peppers, mushrooms, onions, vegetable pasta, *zucchini) Fresh Fruit Milk	Baked Vegetarian Cutlet Whole Wheat Bun Mixed Vegetables (*carrots, *green/yellow beans) Fresh Fruit Milk	Baked Thai Vegan Bites Tomato Barley *Green Salad Fresh Fruit Milk
<b>Week 3</b>	Cheese Omelette and Vegetable Rice Pilaf (brown rice, *carrots, corn, *spinach) Fresh Fruit Milk	Minestrone Vegetable Alphabet Soup (cabbage, *carrots, celery, kidney beans, onions, pasta, *peas, potatoes, tomatoes) Whole Wheat Bread Garlic Dairy Free Spread Fresh Fruit Milk	Falafel Balls with Tomato Sauce Vegetable Pasta *Spring Mix Salad Fresh Fruit Milk	Vegetarian Teriyaki & Vegetables (cauliflower, diced veggie cutlet, *green beans, onions, red/*green peppers, sliced *carrots) Rice Noodles Fresh Fruit Milk	Creamy Lentil Pasta Parmesan (cheese, coconut, lentils, *peas, ww pasta) *Green Salad Fresh Fruit Milk
<b>Week 4</b>	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit Milk	Baked Veggie Tenders Yummy Veggie Couscous (bell pepper, *carrots, couscous, *peas) Fresh Fruit Milk	Vegetarian Noodle Soup (*carrots, celery, corn, diced veggie cutlet, fresh pasta, *kale, onions, potatoes) w/ Whole Wheat Home-Style Bread Fresh Fruit Milk	Vegetarian Chili (corn, *green & red peppers, kidney beans, soy protein, *squash) Barley Fresh Fruit Milk	Cheesy Chickpeas and Rice (*broccoli, celery, chickpeas, onions) *Green Salad Fresh Fruit Milk

\*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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