

**WEEK 1**



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.

**Preschool - School Age Menu**

<b>DAY</b>	<b>LUNCH</b>
<b>MONDAY</b>	Egg Patty Whole Wheat Bun *Spring Mix Salad Fresh Fruit Milk
<b>TUESDAY</b>	Whole Wheat Pasta w/ Creamy Basil Sauce Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit Milk
<b>WEDNESDAY</b>	Sweet Chili Chicken (*bell peppers, *broccoli, *carrots (yellow & orange), chicken, onions, *romano beans) Brown Rice Fresh Fruit Milk
<b>THURSDAY</b>	Baked Pollock Fish Wedge Rainbow Couscous (*carrots, corn, couscous, *peas) Fresh Fruit Milk
<b>FRIDAY</b>	Vegan Bolognese Whole Wheat Linguini *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

Form: C2- 2021  
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](http://www.yummycatering.ca)



**WEEK 2**



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**Preschool - School Age Menu**

<b>DAY</b>	<b>LUNCH</b>
<b>MONDAY</b>	Tri Colour Cheese Tortellini w/ Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit Milk
<b>TUESDAY</b>	Tuna Rice Bowl (*broccoli, celery, green onions, *green/red peppers, rice, tuna, *zucchini) Fresh Fruit Milk
<b>WEDNESDAY</b>	Veggie Taco Whole Wheat Tortilla *Romaine Lettuce Fresh Fruit Milk
<b>THURSDAY</b>	Chicken Vegetable Italiano (chicken breast strips, celery, *spinach, *green peppers, onions, *carrots, mushrooms) Vegetable Pasta Fresh Fruit Milk
<b>FRIDAY</b>	Vegan Chickpea Bites Yummy Fusion Barley *Green Peas Fresh Fruit Milk

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**WEEK 3**



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### Preschool - School Age Menu

DAY	LUNCH
<b>MONDAY</b>	Yummy Mac & Cheese (elbow pasta, pureed white bean & cheese sauce) *Spring Mix Salad Fresh Fruit Milk
<b>TUESDAY</b>	Meatless Sloppy Joe Whole Wheat Bun Vegetable Medley (*carrots, *green/yellow beans) Fresh Fruit Milk
<b>WEDNESDAY</b>	Lemon Dill Chicken & Vegetables (cauliflower, chicken, *carrots, *green peppers, onions, *zucchini) Brown Rice Noodles Fresh Fruit Milk
<b>THURSDAY</b>	Cheese Omelette Whole Wheat Home-Style Bread *Green Salad Fresh Fruit Milk
<b>FRIDAY</b>	*Sweet Potato, Lentil & *Spinach Dahl Whole Wheat Couscous Fresh Fruit Milk

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**Preschool - School Age Menu**

<b>DAY</b>	<b>LUNCH</b>
<b>MONDAY</b>	Baked Chicken Burger on a Whole Wheat Thin Bun *Spring Mix Salad Fresh Fruit Milk
<b>TUESDAY</b>	Baked Haddock and Cod Fish Cakes Vegetable Barley (barley, corn, *peas, onion) Fresh Fruit Milk
<b>WEDNESDAY</b>	Vegetarian Lazy Lasagna (soy protein, pasta, *spinach, onions, red/*green peppers,) *Spinach Salad Fresh Fruit Milk
<b>THURSDAY</b>	Baked Chicken, Feta & Spinach Kafta Garlic Brown Rice *Green Beans Fresh Fruit Milk
<b>FRIDAY</b>	<b>FUN FRIDAY</b> (Please see posting for the special menu)

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