

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**

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Cereal w/Fresh Fruit 2% Milk	Slow Cooked Swedish Extra Lean Beef Meatballs with Yummy Gravy Brown Rice *Spring Mix Salad Fresh Fruit 2% Milk	Whole Grain Corn Rounds w/ Fresh Tomato Salsa 2% Milk
<b>TUESDAY</b>	Whole Wheat English Muffins w/ No-Nut Butter 2% Milk	Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *carrots, corn, tomatoes, cucumbers, couscous) Whole Wheat Pasta in Tomato Sauce Fresh Fruit 2% Milk	Fresh Fruit w/ Garden Vegetable Crackers 2% Milk
<b>WEDNESDAY</b>	W.G. Cereal w/Fresh Fruit 2% Milk	Baked Pollock Wedge Yummy *Sweet Potato Mash Up Whole Wheat Home-Style Bread Fresh Fruit 2% Milk	Lemon Cranberry Loaf w/ Raspberry 100% Fruit Puree 2% Milk
<b>THURSDAY</b>	Blueberry Banana Oatmeal Bar 2% Milk	Curry Chicken with Vegetables (chicken breast strips, *peas, corn, onions, *green peppers, *carrots) Brown Rice Noodles Fresh Fruit 2% Milk	Light Tuna & Celery Salad w/ Crackers 2% Milk
<b>FRIDAY</b>	French Toast Sticks w/ Unsweetened Applesauce 2% Milk	Extra Lean Beef Tacos Whole Wheat Soft Tortilla Fresh *Spinach and Ranch Dressing Fresh Fruit 2% Milk	Fresh Carrots w/ Mexican Bean Dip 2% Milk

\*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



# 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.

## Preschool / School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	W.G. Cereal w/Fresh Fruit 2% Milk	Baked Breaded All White Meat Chicken Whole Wheat Bun Mixed Vegetables (*green and yellow beans, *carrots) Fresh Fruit 2% Milk	Blueberry Bagel w/ Strawberry & Apple 100% Fruit Puree 2% Milk
<b>TUESDAY</b>	Organic Mixed Grain Rice Cakes w/ No-Nut Butter 2% Milk	Beef Stroganoff (extra lean diced beef, tomatoes, onions, mushrooms) with Whole Wheat Pasta *Spring Mix Salad Fresh Fruit 2% Milk	Fresh Fruit w/ Cinnamon Snaps 2% Milk
<b>WEDNESDAY</b>	Cereal w/Fresh Fruit 2% Milk	Summer Rainbow Chili (kidney beans, tomatoes, *squash, red/*green peppers, *carrots, corn, onions) Whole Wheat Dinner Roll Fresh Fruit 2% Milk	Yogurt w/ Organic Brown Rice Puffs and Fresh Fruit 2% Milk
<b>THURSDAY</b>	Fresh Fruit w/ Autumn Harvest Crackers 2% Milk	Baked Haddock & Sole Fish Cakes Lemon Brown Rice *Green Salad Fresh Fruit 2% Milk	Whole Wheat Baguette w/ Fresh Tomato Bruschetta 2% Milk
<b>FRIDAY</b>	Raisin Bran Muffin w/ Unsweetened Applesauce 2% Milk	Whole Wheat Spaghetti w/ Extra Lean Beef Meat Sauce Fresh *Carrots Fresh Fruit 2% Milk	Egg Salad w/ Crackers 2% Milk

\*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



# 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.

## Preschool / School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Cereal w/Fresh Fruit 2% Milk	Slow Cooked Extra Lean Beef Meatball Submarine Sandwich w/ Honey Garlic Sauce Whole Wheat Bun *Peas and Diced *Carrots Fresh Fruit 2% Milk	Whole Grain Corn Rounds w/ Fresh Tomato Salsa 2% Milk
<b>TUESDAY</b>	Pancakes w/ Yummy Peach 100% Fruit Puree 2% Milk	Baked Chicken Kafta With *Spinach & Feta Cheese Spanish Brown Rice *Spring Mix Salad Fresh Fruit 2% Milk	Fresh Fruit w/ Whole Grain Cracker Bites 2% Milk
<b>WEDNESDAY</b>	W.G. Cereal w/Fresh Fruit 2% Milk	Cheddar Cheese Omelette Marble Rye Bread *Green Beans Fresh Fruit 2% Milk	Focaccia Breadstick w/ Chunky Chickpea Salad 2% Milk
<b>THURSDAY</b>	Very Berry Oatmeal Bar 2% Milk	Chicken Vegetable Italiano (Chicken breast strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms) with Vegetable Pasta Fresh Fruit 2% Milk	Light Tuna & Celery Salad w/ Whole Wheat Tortilla 2% Milk
<b>FRIDAY</b>	Egg Salad w/ Crackers 2% Milk	Veggie Sloppy Joe (Pinto & Kidney Beans, onions, peppers, celery, tomatoes) Whole Wheat Bun *Green Salad Fresh Fruit 2% Milk	Oatmeal Cookie w/ Unsweetened Applesauce 2% Milk

\*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



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

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	W.G. Cereal w/Fresh Fruit 2% Milk	Cheese Ravioli with Lentil Tomato Sauce *Spring Mix Salad Fresh Fruit 2% Milk	Organic Mixed Grain Rice Cakes w/ Cucumber & Tomato Bruschetta 2% Milk
<b>TUESDAY</b>	Mini Croissants w/ Yummy Apricot Applesauce 2% Milk	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun Vegetable Blend (*Broccoli, Cauliflower, *Carrots) Fresh Fruit 2% Milk	Fresh Fruit w/ Multigrain Crackers 2% Milk
<b>WEDNESDAY</b>	W.G. Cereal w/Fresh Fruit 2% Milk	Chicken Meatballs in Tomato Sauce Whole Wheat Pasta *Green Salad Fresh Fruit 2% Milk	Banana Muffin W/ Blueberry & Apple 100% Fruit Puree 2% Milk
<b>THURSDAY</b>	Whole Wheat Bagel w/ No-Nut Butter 2% Milk	Baked Pollock Wedge w/ Vegetable Brown Rice (red peppers, corn, *carrots, onions, *peas) Fresh Fruit 2% Milk	Fresh Carrots w/ Chickpea & Potato Dip 2% Milk
<b>FRIDAY</b>	Whole Wheat Melba Toast w/ Hard Boiled Egg 2% Milk	<b>FUN FRIDAY MEAL</b> (please see posting for the special menu)	Raisin Bread w/ Peach, Mango & Apple 100% Fruit Puree 2% Milk

\*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

