

# 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.

## Toddler Menu

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



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

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<b>MONDAY</b>	Cereal w/Fresh Fruit Homogenized Milk	Slow Cooked Extra Lean Beef Meatball Submarine Sandwich w/ Honey Garlic Sauce Whole Wheat Bun *Peas and Diced *Carrots Fresh Fruit Homogenized Milk	Whole Grain Corn Rounds w/ Fresh Tomato Salsa Homogenized Milk
<b>TUESDAY</b>	Pancakes w/ Yummy Peach 100% Fruit Puree Homogenized Milk	Baked Chicken Kafta With *Spinach & Feta Cheese Spanish Brown Rice Steamed Vegetables <small>Vegetables will consist of *carrots and 2 others such as: broccoli, cucumber, cauliflower</small> Fresh Fruit Homogenized Milk	Fresh Fruit w/ Whole Grain Cracker Bites Homogenized Milk
<b>WEDNESDAY</b>	W.G. Cereal w/Fresh Fruit Homogenized Milk	Cheddar Cheese Omelette Marble Rye Bread *Green Beans Fresh Fruit Homogenized Milk	Focaccia Breadstick w/ Chunky Chickpea Salad Homogenized Milk
<b>THURSDAY</b>	Very Berry Oatmeal Bar Homogenized Milk	Chicken Vegetable Italiano <small>(Chicken breast strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms)</small> with Vegetable Pasta Fresh Fruit Homogenized Milk	Light Tuna & Celery Salad w/ Whole Wheat Tortilla Homogenized Milk
<b>FRIDAY</b>	Egg Salad w/ Crackers Homogenized Milk	Veggie Sloppy Joe <small>(Pinto &amp; kidney beans, onions, peppers, celery, tomatoes)</small> Whole Wheat Bun Steamed Vegetables <small>Vegetables will consist of *carrots and 2 others such as: broccoli, cucumber, cauliflower</small> Fresh Fruit Homogenized Milk	Oatmeal Cookie w/ Unsweetened Applesauce Homogenized Milk

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<b>MONDAY</b>	W.G. Cereal w/Fresh Fruit Homogenized Milk	Cheese Ravioli with Lentil Tomato Sauce *Peas, *Carrots, Corn Medley Fresh Fruit Homogenized Milk	Organic Mixed Grain Rice Cakes w/ Cucumber & Tomato Bruschetta Homogenized Milk
<b>TUESDAY</b>	Mini Croissants w/ Yummy Apricot Applesauce Homogenized Milk	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun Vegetable Blend (*Broccoli, Cauliflower, *Carrots) Fresh Fruit Homogenized Milk	Fresh Fruit w/ Multigrain Crackers Homogenized Milk
<b>WEDNESDAY</b>	W.G. Cereal w/Fresh Fruit Homogenized Milk	Chicken Meatballs in Tomato Sauce Whole Wheat Pasta Steamed Vegetables Vegetables will consist of *carrots and 2 others such as: broccoli, cucumber, cauliflower Fresh Fruit Homogenized Milk	Banana Muffin W/ Blueberry & Apple 100% Fruit Puree Homogenized Milk
<b>THURSDAY</b>	Whole Wheat Bagel w/ No-Nut Butter Homogenized Milk	Baked Pollock Wedge w/ Vegetable Brown Rice (red peppers, corn, *carrots, onions, *peas) Fresh Fruit Homogenized Milk	Steamed Carrots w/ Chickpea & Potato Dip Homogenized Milk
<b>FRIDAY</b>	Whole Wheat Melba Toast w/ Hard Boiled Egg Homogenized Milk	<b>FUN FRIDAY MEAL</b>  (please see posting for the special menu)	Raisin Bread w/ Peach, Mango & Apple 100% Fruit Puree Homogenized Milk

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