

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 Vegetarian Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cereal Homogenized Milk	Falafel Balls with Tomato Sauce Brown Rice *Peas, *Carrots, Corn Medley Fresh Fruit Homogenized Milk	Whole Grain Corn Rounds w/ Fresh Tomato Salsa Homogenized Milk
TUESDAY	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
WEDNESDAY	W.G. Cereal Homogenized Milk	Baked Veggie Chick N Tenders Yummy *Sweet Potato Mash Up Whole Wheat Home-Style Bread Fresh Fruit Homogenized Milk	Lemon Cranberry Loaf Homogenized Milk
THURSDAY	Blueberry Banana Oatmeal Bar Homogenized Milk	Curry Soy Cutlets with Vegetables (soy protein strips, *peas, corn, onions, *green peppers, *carrots) Brown Rice Noodles Fresh Fruit Homogenized Milk	Hummus w/ Crackers Homogenized Milk
FRIDAY	French Toast Sticks w/ Unsweetened Applesauce Homogenized Milk	Rice & Kidney Bean 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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the healthy choice

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MONDAY	W.G. Cereal Homogenized Milk	Baked Vegetarian Burger Whole Wheat Bun Mixed Vegetables (*green and yellow beans, *carrots) Fresh Fruit Homogenized Milk	Blueberry Bagel w/ Strawberry & Apple 100% Fruit Puree Homogenized Milk
TUESDAY	Organic Mixed Grain Rice Cakes w/ No-Nut Butter Homogenized Milk	Veggie Soy Protein Stroganoff (soy protein, 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
WEDNESDAY	Cereal 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 Homogenized Milk
THURSDAY	Fresh Fruit w/ Autumn Harvest Crackers Homogenized Milk	Baked Veggie Chick N Tenders 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
FRIDAY	Raisin Bran Muffin Homogenized Milk	Whole Wheat Spaghetti w/ Black Bean Tomato Sauce Steamed *Carrots Fresh Fruit Homogenized Milk	Egg Salad w/ Crackers Homogenized Milk

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MONDAY	Cereal Homogenized Milk	Falafel Ball 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
TUESDAY	Pancakes w/ Yummy Peach 100% Fruit Puree Homogenized Milk	Baked Veggie Chick N Tenders 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
WEDNESDAY	W.G. Cereal Homogenized Milk	Cheddar Cheese Omelette Marble Rye Bread *Green Beans Fresh Fruit Homogenized Milk	Focaccia Breadstick w/ Chunky Chickpea Salad Homogenized Milk
THURSDAY	Very Berry Oatmeal Bar Homogenized Milk	Vegetarian Vegetable Italiano <small>(soy protein strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms)</small> with Vegetable Pasta Fresh Fruit Homogenized Milk	No-Nut Butter w/ Whole Wheat Tortilla Homogenized Milk
FRIDAY	Egg Salad w/ Crackers Homogenized Milk	Veggie Sloppy Joe <small>(Pinto & 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 Homogenized Milk

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MONDAY	W.G. Cereal 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
TUESDAY	Mini Croissants w/ Yummy Apricot Applesauce Homogenized Milk	Baked Vegetarian Burgers on a Whole Wheat Bun Vegetable Blend (*Broccoli, Cauliflower, *Carrots) Fresh Fruit Homogenized Milk	Fresh Fruit w/ Multigrain Crackers Homogenized Milk
WEDNESDAY	W.G. Cereal Homogenized Milk	Falafel Balls 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 Homogenized Milk
THURSDAY	Whole Wheat Bagel w/ No-Nut Butter Homogenized Milk	Baked Veggie Chick N Tenders w/ Vegetable Brown Rice (red peppers, corn, *carrots, onions, *peas) Fresh Fruit Homogenized Milk	Steamed Carrots w/ Chickpea & Potato Dip Homogenized Milk
FRIDAY	Whole Wheat Melba Toast w/ Hard Boiled Egg Homogenized Milk	FUN FRIDAY MEAL (please see posting for the special menu)	Raisin Bread w/ Peach, Mango & Apple 100% Fruit Puree Homogenized Milk

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