

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
MONDAY	Cereal Milk	Slow Cooked Swedish Extra Lean Beef Meatballs with Yummy Gravy Brown Rice *Fresh Vegetables & Dip Fresh Fruit Milk	Whole Grain Corn Rounds w/ Fresh Tomato Salsa Milk
TUESDAY	Whole Wheat English Muffins w/ No-Nut Butter Milk	Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *carrots, corn, tomatoes, cucumbers, couscous) Whole Wheat Pasta in Tomato Sauce Fresh Fruit Milk	Fresh Fruit w/ Garden Vegetable Crackers Milk
WEDNESDAY	W.G. Cereal Milk	Baked Breaded White Meat Chicken Strips Yummy *Sweet Potato Mash Up Whole Wheat Home-Style Bread Fresh Fruit Milk	Lemon Cranberry Loaf Milk
THURSDAY	Blueberry Banana Oatmeal Bar Milk	Curry Chicken with Vegetables (chicken breast strips, *peas, corn, onions, *green peppers, *carrots) Brown Rice Noodles Fresh Fruit Milk	Light Tuna & Celery Salad w/ Crackers Milk
FRIDAY	French Toast Sticks w/ Unsweetened Applesauce Milk	Extra Lean Beef Tacos Whole Wheat Soft Tortilla Fresh *Spinach and Ranch Dressing Fresh Fruit Milk	Fresh Carrots & Cucumbers w/ Vegetable Dip & Digestive Cookies Milk

Form: C2- 2017
Rev. No.:01

*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
MONDAY	W.G. Cereal Milk	Baked Breaded All White Meat Chicken Whole Wheat Bun Mixed Vegetables (*green and yellow beans, *carrots) Fresh Fruit Milk	Blueberry Bagel w/ Strawberry & Apple 100% Fruit Puree Milk
TUESDAY	Organic Mixed Grain Rice Cakes w/ No-Nut Butter Milk	Beef Stroganoff (extra lean diced beef, tomatoes, onions, mushrooms) with Whole Wheat Pasta *Fresh Vegetables & Dip Fresh Fruit Milk	Fresh Fruit w/ Cinnamon Snaps Milk
WEDNESDAY	Cereal Milk	Summer Rainbow Chili (kidney beans, tomatoes, *squash, red/*green peppers, *carrots, corn, onions) Whole Wheat Dinner Roll Fresh Fruit Milk	Yogurt w/ Organic Brown Rice Puffs Milk
THURSDAY	Fresh Fruit w/ Autumn Harvest Crackers Milk	Baked Chicken Souvlaki w/ BBQ Sauce Lemon Brown Rice *Green Salad Fresh Fruit Milk	Whole Wheat Baguette w/ Turkey Slices Milk
FRIDAY	Raisin Bran Muffin Milk	Whole Wheat Spaghetti w/ Extra Lean Beef Meat Sauce Fresh *Carrots Fresh Fruit Milk	Egg Salad w/ Crackers 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
MONDAY	Cereal Milk	Slow Cooked Extra Lean Beef Meatball Submarine Sandwich w/ Honey Garlic Sauce Whole Wheat Bun *Peas and Diced *Carrots Fresh Fruit Milk	Whole Grain Corn Rounds w/ Fresh Tomato Salsa Milk
TUESDAY	Pancakes w/ Yummy Peach 100% Fruit Puree Milk	Baked Chicken Kafta With *Spinach & Feta Cheese Spanish Brown Rice *Fresh Vegetables & Dip Fresh Fruit Milk	Fresh Fruit w/ Whole Grain Cracker Bites Milk
WEDNESDAY	W.G. Cereal Milk	Italian Wedding Soup (mini meatballs, pasta, vegetables) Marble Rye Bread Fresh Fruit Milk	Focaccia Breadstick w/ Turkey Slices Milk
THURSDAY	Very Berry Oatmeal Bar Milk	Chicken Vegetable Italiano (Chicken breast strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms) with Vegetable Pasta Fresh Fruit Milk	Light Tuna & Celery Salad w/ Whole Wheat Tortilla Milk
FRIDAY	Egg Salad w/ Crackers Milk	Beef Sloppy Joe Brown Rice *Green Salad Fresh Fruit Milk	Oatmeal Cookie 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
MONDAY	W.G. Cereal Milk	Cheese Ravioli with Lentil Tomato Sauce *Fresh Vegetables & Dip Fresh Fruit Milk	Organic Mixed Grain Rice Cakes w/ Cucumber & Tomato Bruschetta Milk
TUESDAY	Mini Croissants w/ Yummy Apricot Applesauce Milk	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun Vegetable Blend (*Broccoli, Cauliflower, *Carrots) Fresh Fruit Milk	Fresh Fruit w/ Multigrain Crackers Milk
WEDNESDAY	W.G. Cereal Milk	Chicken Meatballs in Tomato Sauce Whole Wheat Pasta *Fresh Vegetables & Dip Fresh Fruit Milk	Banana Muffin Milk
THURSDAY	Whole Wheat Bagel w/ No-Nut Butter Milk	Chicken Vegetable Noodle Soup Whole Wheat Bread Fresh Fruit Milk	Yogurt w/ Cheerios Milk
FRIDAY	Whole Wheat Melba Toast w/ Hard Boiled Egg Milk	FUN FRIDAY MEAL (please see posting for the special menu)	Raisin Bread w/ Peach, Mango & Apple 100% Fruit Puree 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

