

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.

## No No-Nut Butter Preschool / School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Slow Cooked Swedish Extra Lean Beef Meatballs In Homemade Tomato Sauce Vegetable Fusilli *Spring Mix Salad Fresh Fruit Milk	Vegan Apple Gingerbread Loaf with Raspberry & Apple 100% Fruit Puree
<b>TUESDAY</b>	Whole Wheat English Muffins with Cinnamon Spread Milk	Turkey Pot Pie Stew (turkey *carrots, celery, *peas, onions, *green beans) Brown Rice Fresh Fruit Milk	Bananas with Roasted Red Pepper & Garlic Crackers
<b>WEDNESDAY</b>	Cereal Milk	Baked Pollock Wedge Fish Taco Whole Wheat Tortilla *Romaine Lettuce Fresh Fruit Milk	Vanilla Yogurt with Fresh Fruit
<b>THURSDAY</b>	Mixed Berry Oatmeal Bar Milk	Yummy Chicken Chili (diced chicken, white beans, tomatoes, *squash, corn, red/*green peppers, *carrots, celery, onions) Barley Fresh Fruit Milk	Whole Wheat Pita with Chunky Chickpea Salad
<b>FRIDAY</b>	Mini Croissants with Peach & Apple 100% Fruit Puree Milk	Creamy Broccoli & Lentil Soup (*broccoli, lentils, potatoes, onions, celery) 9 Grain Bread Fresh Fruit Milk	Fresh *Carrots with Marble Cheese

\*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



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the healthy choice

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DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Cereal Milk	Whole Wheat Spaghetti with Vegan Plant Based Tomato Bolognese *Spring Mix Salad Fresh Fruit Milk	Blueberry Bagel with Very Berry 100% Fruit Puree
<b>TUESDAY</b>	Yogurt with Rice Chex Milk	Lean Beef Meatloaf with Gravy Whole Wheat Dinner Roll *Green Peas Fresh Fruit Milk	Bananas with Organic Vegetable Stone Wheat Crackers
<b>WEDNESDAY</b>	Whole Wheat Carrot Spice Muffin Milk	Chicken Teriyaki w/ Vegetables (baked chicken breast, *sliced carrots, *red/green peppers, *green beans, cauliflower, onions) Brown Rice Fresh Fruit Milk	Yummy Salsa with Pretzel Bun
<b>THURSDAY</b>	French Toast with Unsweetened Applesauce Milk	Sweet Potato & Chickpea Soup (chickpeas, *sweet potatoes, potatoes, celery, onions, star pasta) Whole Wheat Home-Style Bread Fresh Fruit Milk	Fresh Pineapple with Yummy Trail Mix
<b>FRIDAY</b>	Hard Boiled Eggs with Cracked Wheat Crackers Milk	Baked Chicken, *Spinach & Feta Cheese Kafta Whole Wheat Couscous *Green Salad Fresh Fruit Milk	Mini Croissants with Cucumber Chunks

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<b>MONDAY</b>	Cereal Milk	Slow Cooked Extra Lean Beef Meatball Submarine Sandwich w/Tomato Sauce Whole Wheat Bun *Spring Mix Salad Fresh Fruit Milk	Fresh Carrots with Multigrain Chia Crisps
<b>TUESDAY</b>	Whole Wheat Bread with Marble Cheese Milk	Baked Sole Fish Fillet Mixed Grain & Vegetable Medley (brown rice, red rice, quinoa, *peas, *carrots) Fresh Fruit Milk	Bananas with Cinnamon Snaps
<b>WEDNESDAY</b>	Whole Grain Cereal Milk	Tri Colour Cheese Tortellini In a Creamy Lentil Sauce *Spinach Salad Fresh Fruit Milk	Whole Wheat Naan with Corn Salsa
<b>THURSDAY</b>	Pancakes with Pear & Apple 100% Fruit Puree Milk	Tex Mex Beef Bowl (lean ground beef, *red/green peppers, corn, *zucchini, onions) Brown Rice Fresh Fruit Milk	Vanilla Yogurt with Fresh Fruit
<b>FRIDAY</b>	Blueberry Oatmeal Bar Milk	Chicken Vegetable Noodle Soup (Seasoned boiled diced chicken, potatoes, celery, *kale, onions, *carrots) Brioche Bread Fresh Fruit Milk	Whole Grain Cocoa Banana Loaf with Apple & Strawberry 100% Fruit Puree

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DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Baked Haddock and Sole Fish Cake Yummy Spanish Brown Rice *Spring Mix Salad Fresh Fruit Milk	Vegan Oatmeal Date Cookie with Unsweetened Applesauce
<b>TUESDAY</b>	Raisin Bread with Cinnamon Spread Milk	Baked 100% Extra Lean Beef Burgers Whole Wheat Bun *Broccoli and Cauliflower Fresh Fruit Milk	Bananas with Autumn Harvest Crackers
<b>WEDNESDAY</b>	Granola Rounds with Fresh Fruit Milk	Thai Chicken & Vegetables (baked chicken breast strips, *green peas, *sliced carrots, *green/red/yellow pepper strips, onions) Brown Rice Noodles Fresh Fruit Milk	Whole Wheat Baguette with Fresh Tomato Bruschetta
<b>THURSDAY</b>	French Toast with Strawberry & Peach 100% Fruit Puree Milk	Beef Stroganoff with Whole Wheat Pasta (extra lean diced beef, tomatoes, onions, mushrooms and whole wheat pasta) *Green Salad Fresh Fruit Milk	Yogurt with Whole Grain Rice Chex
<b>FRIDAY</b>	Egg Salad with Crackers Milk	Yummy Minestrone Vegetable Alphabet Soup (potatoes, *carrots, onions, tomatoes, celery, cabbage, beans, *peas, and pasta) Whole Wheat Bread Fresh Fruit Milk	Fresh Pineapple with Yummy Banana Bran Muffin Hats

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## Vegetarian Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Slow Cooked Falafel Balls In Homemade Tomato Sauce Vegetable Fusilli *Peas & Corn Medley Fresh Fruit Milk	Vegan Apple Gingerbread Loaf with Raspberry & Apple 100% Fruit Puree
<b>TUESDAY</b>	Whole Wheat English Muffins with Cinnamon Spread Milk	Chickpea Pot Pie Stew (chickpeas, *carrots, celery, *peas, onions, *green beans) Brown Rice Fresh Fruit Milk	Bananas with Roasted Red Pepper & Garlic Crackers
<b>WEDNESDAY</b>	Cereal Milk	Baked Vegetarian Cutlet Whole Wheat Tortilla Steamed Cauliflower & *Sweet Potato Fresh Fruit Milk	Vanilla Yogurt with Fresh Fruit
<b>THURSDAY</b>	Mixed Berry Oatmeal Bar Milk	Yummy Bean Chili (white beans, tomatoes, *squash, corn, red/*green peppers, *carrots, celery, onions) Barley Fresh Fruit Milk	Whole Wheat Pita with Chunky Chickpea Salad
<b>FRIDAY</b>	Mini Croissants with Peach & Apple 100% Fruit Puree Milk	Creamy Broccoli & Lentil Soup (*broccoli, lentils, potatoes, onions, celery) 9 Grain Bread Fresh Fruit Milk	Steamed *Carrots with Marble Cheese

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DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Cereal Milk	Whole Wheat Spaghetti with Vegan Plant Based Tomato Bolognese Diced *Carrots & Corn Fresh Fruit Milk	Blueberry Bagel with Very Berry 100% Fruit Puree
<b>TUESDAY</b>	Yogurt with Rice Chex Milk	Vegetarian Patty with Gravy Whole Wheat Dinner Roll *Green Peas Fresh Fruit Milk	Bananas with Organic Vegetable Stone Wheat Crackers
<b>WEDNESDAY</b>	Whole Wheat Carrot Spice Muffin Milk	Bean Teriyaki w/ Vegetables (kidney beans, black beans, *sliced carrots, *red/green peppers, cauliflower, celery, onions) Brown Rice Fresh Fruit Milk	Yummy Salsa with Pretzel Bun
<b>THURSDAY</b>	French Toast with Unsweetened Applesauce Milk	Sweet Potato & Chickpea Soup (chickpeas, *sweet potatoes, potatoes, celery, *peas, onions, star pasta) Whole Wheat Home-Style Bread Fresh Fruit Milk	Fresh Pineapple with Yummy Trail Mix
<b>FRIDAY</b>	Hard Boiled Eggs with Cracked Wheat Crackers Milk	Baked Vegetarian Soy Protein Strips Whole Wheat Couscous Steamed *Broccoli Fresh Fruit Milk	Mini Croissants with Cucumber Chunks

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<b>MONDAY</b>	Cereal Milk	Slow Cooked Falafel Ball Submarine Sandwich w/Tomato Sauce Whole Wheat Bun *Green Beans Fresh Fruit Milk	Diced *Carrots with Multigrain Chia Crisps
<b>TUESDAY</b>	Whole Wheat Bread with No-Nut Butter Milk	Baked Vegetarian Cutlet Mixed Grain & Vegetable Medley (brown rice, red rice, quinoa, *peas, *carrots) Fresh Fruit Milk	Bananas with Cinnamon Snaps
<b>WEDNESDAY</b>	Whole Grain Cereal Milk	Tri Colour Cheese Tortellini In a Creamy Lentil Sauce Steamed Cauliflower & *Broccoli Fresh Fruit Milk	Whole Wheat Naan with Corn Salsa
<b>THURSDAY</b>	Pancakes with Pear & Apple 100% Fruit Puree Milk	Tex Mex Bean Bowl (bean medley, *red/green peppers, corn, *zucchini, onions) Brown Rice Fresh Fruit Milk	Vanilla Yogurt with Fresh Fruit
<b>FRIDAY</b>	Blueberry Oatmeal Bar Milk	Chickpea Vegetable Noodle Soup (chickpeas, potatoes, celery, *kale, onions, *carrots) Brioche Bread Fresh Fruit Milk	Whole Grain Cocoa Banana Loaf with Apple & Strawberry 100% Fruit Puree

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<b>TUESDAY</b>	Raisin Bread with Cinnamon Spread Milk	Baked Vegetarian Burgers Whole Wheat Bun *Broccoli and Cauliflower Fresh Fruit Milk	Bananas with Autumn Harvest Crackers
<b>WEDNESDAY</b>	Granola Rounds with Fresh Fruit Milk	Thai Chickpeas & Vegetables (baked chicken breast strips, *green peas, *sliced carrots, *green/red/yellow pepper strips, onions) Brown Rice Noodles Fresh Fruit Milk	Whole Wheat Baguette with Fresh Tomato Bruschetta
<b>THURSDAY</b>	French Toast with Strawberry & Peach 100% Fruit Puree Milk	Lentil Stroganoff w/ Whole Wheat Pasta (lentils, tomatoes, onions, mushrooms and whole wheat elbow pasta) Steamed Cauliflower and *Sweet Potato Fresh Fruit Milk	Yogurt with Whole Grain Rice Chex
<b>FRIDAY</b>	Egg Salad with Crackers Milk	Yummy Minestrone Vegetable Alphabet Soup (potatoes, *carrots, onions, tomatoes, celery, cabbage, beans, *peas, and pasta) Whole Wheat Bread Fresh Fruit Milk	Fresh Pineapple with Yummy Banana Bran Muffin Hats

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