

WEEK 1

YUMMY CATERING™

the healthy choice

SPRING/SUMMER MENU 2022

Weeks of: May 16th, June 13th, July 11th, Aug. 8th, Sept. 6th, Oct. 3rd, 31st

Preschool – School Age Halal Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Chicken Mac & Cheese *Spring Mix Salad Fresh Fruit Milk <i>*No Replacement Needed – Regular Meal is Halal</i>	Multigrain Chia Crisps Corn Salsa
TUESDAY	Whole Wheat English Muffin Strawberry Fruit Spread Milk	Baked Pollock Fish Wedge Rainbow Couscous (*bell peppers, *carrots, couscous, *leeks) Fresh Fruit Milk	Fresh Fruit Whole Grain Garlic Parmesan Triscuit Thins
WEDNESDAY	Whole Grain Cheese Stuffed Bagel Bite Fresh Fruit Milk	Falafel Balls with Yummy Tomato Sauce Cantonese Noodles *Green Salad Fresh Fruit Milk	Whole Grain Lemon Chia Loaf Peach Twist 100% Fruit Puree
THURSDAY	Coconut Oatmeal Bar Milk	Cheese Omelette Whole Wheat Home-Style Bread *Peas & *Carrots Fresh Fruit Milk	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Hard Boiled Egg Everything Morning Crackers Milk	Summer Veggie Chili (black beans, *carrots, corn, *green & red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Brown Rice Fresh Fruit Milk	Blueberry Oat Bun Fresh Fruit

*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

Form: C2- 2022
Rev. No.:01

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SPRING/SUMMER MENU 2022

Weeks of: May 24th, June 20th, July 18th, Aug. 15th, Sept. 12th, Oct. 11th

Preschool – School Age Halal Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked Chicken Burgers Whole Wheat Bun *Green Salad Fresh Fruit Milk	Whole Wheat Mini Pita Chunky Chickpea Salad
TUESDAY	Raisin Bread Pear & Apple 100% Fruit Puree Milk	Buckwheat Soba Noodle, Egg & Vegetable Stir-Fry (*broccoli, buckwheat soba noodles, *carrots, celery, egg, green onions, *green/red peppers, lentils, *zucchini) Fresh Fruit Milk	Fresh Fruit Whole Grain Strawberry Bite Crackers
WEDNESDAY	Whole Grain Cereal Milk	Baked Falafel Balls Whole Wheat Pita Pocket *Green & Yellow Beans Fresh Fruit Milk	Vegan Oatmeal Date Cookie Unsweetened Applesauce
THURSDAY	Carrot Bran Muffin Hat Tropical 100% Fruit Puree Milk	Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes) *Spinach Salad Fresh Fruit Milk	Croissants Fresh Fruit
FRIDAY	Yogurt Fresh Fruit Milk	Curry Chicken & Vegetables (cauliflower, celery, chicken, onions, *peas, *sliced carrots, *sweet potato) Brown Rice Fresh Fruit Milk <i>*No Replacement Needed – Regular Meal is Halal</i>	Whole Grain Margherita Pizza Bites Fresh Vegetables

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SPRING/SUMMER MENU 2022

Weeks of: May 30th, June 27th, July 25th, Aug. 22nd, Sept. 19th, Oct. 17th

Preschool – School Age Halal Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit Milk	Multigrain Chia Crisps Corn Salsa
TUESDAY	Whole Wheat English Muffin Strawberry Fruit Spread Milk	Baked Fish Wedge Sandwich Whole Wheat Bun *Sunrise Vegetable Mix (green beans, orange & yellow carrots) Fresh Fruit Milk	Fresh Fruit Spice Snaps
WEDNESDAY	Whole Grain Cheese Stuffed Bagel Bite Fresh Fruit Milk	Falafel Balls with Tomato Sauce Brown Rice *Green Salad Fresh Fruit Milk	Whole Grain Vegan Triple Berry Loaf Mango, Strawberry, Apple 100% Fruit Puree
THURSDAY	Blueberry Oatmeal Bar Milk	Chicken Vegetable Italiano (chicken breast strips, celery, *spinach, *green peppers, onions, *carrots, mushrooms) Vegetable Pasta Fresh Fruit Milk <i>*No Replacement Needed – Regular Meal is Halal</i>	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Egg Salad Everything Morning Crackers Milk	Lebanese Chickpea & Vegetable Stew (*carrots sliced, chickpeas, *green/red peppers, onions, potatoes) Light Rye Bread Fresh Fruit Milk	Apple Oat Bun Fresh Fruit

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Water is available at all times

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SPRING/SUMMER MENU 2022

Weeks of: June 6th, July 4th, Aug. 2nd, 29th, Sept. 26th, Oct. 24th

Preschool – School Age Halal Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked Haddock and Cod Fish Cakes Vegetable Brown Rice (brown rice, *carrots, onions, *spinach) Fresh Fruit Milk	Whole Wheat Mini Pita Roasted Corn Hummus
TUESDAY	Raisin Bread Pear & Apple 100% Fruit Puree Milk	Veggie Taco Whole Wheat Tortilla *Romaine Lettuce Fresh Fruit Milk	Fresh Fruit Multigrain Crackers
WEDNESDAY	Whole Grain Cereal Milk	Whole Wheat Pasta with Creamy Basil Sauce Yummy Mediterranean Salad (black beans, chickpeas, corn, cucumber, *green/red peppers, quinoa, *spinach, tomatoes,) Fresh Fruit Milk	Vegan Oatmeal Date Cookie Unsweetened Applesauce
THURSDAY	Whole Grain Vegan Banana Muffin Hat Strawberry, Apple, 100% Fruit Puree Milk	Baked Chicken, Feta & Spinach Kafta Coconut Barley *Spring Mix Salad Fresh Fruit Milk <i>*No Replacement Needed – Regular Meal is Halal</i>	Croissants Fresh Fruit
FRIDAY	Yogurt Fresh Fruit Milk	FUN FRIDAY	Whole Grain Margherita Pizza Bites Fresh Vegetables

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Menu approved by a registered Dietitian
Water is available at all times

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