

**WEEK 1**

# YUMMY CATERING™

*the healthy choice*

## SPRING/SUMMER MENU 2022

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

### Preschool – School Age Vegetarian Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	White Bean Mac & Cheese *Spring Mix Salad Fresh Fruit Milk	Multigrain Chia Crisps Corn Salsa
<b>TUESDAY</b>	Whole Wheat English Muffin Strawberry Fruit Spread Milk	Baked Veggie Tender Rainbow Couscous (*bell peppers, *carrots, couscous, *leeks) Fresh Fruit Milk	Fresh Fruit Whole Grain Garlic Parmesan Triscuit Thins
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Coconut Oatmeal Bar Milk	Cheese Omelette Whole Wheat Home-Style Bread *Peas & *Carrots Fresh Fruit Milk	Yogurt Multigrain Cinnamon Crunchy Mix
<b>FRIDAY</b>	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  
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## SPRING/SUMMER MENU 2022

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

### Preschool – School Age Vegetarian Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Baked Vegetarian Cutlet Whole Wheat Bun *Green Salad Fresh Fruit Milk	Whole Wheat Mini Pita Chunky Chickpea Salad
<b>TUESDAY</b>	Raisin Bread Pear & Apple 100% Fruit Puree Milk	Buckwheat Soba Noodle, Egg & Vegetable Stir-Fry <small>(*broccoli, buckwheat soba noodles, *carrots, celery, egg, green onions, *green/red peppers, lentils, *zucchini)</small> Fresh Fruit Milk	Fresh Fruit Whole Grain Strawberry Bite Crackers
<b>WEDNESDAY</b>	Whole Grain Cereal Milk	Baked Falafel Balls Whole Wheat Pita Pocket *Green & Yellow Beans Fresh Fruit Milk	Vegan Oatmeal Date Cookie Unsweetened Applesauce
<b>THURSDAY</b>	Carrot Bran Muffin Hat Tropical 100% Fruit Puree Milk	Lazy Lasagna <small>(celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes)</small> *Spinach Salad Fresh Fruit Milk	Croissants Fresh Fruit
<b>FRIDAY</b>	Yogurt Fresh Fruit Milk	Curry Chickpeas & Vegetables <small>(cauliflower, celery, chickpeas, onions, *peas, *sliced carrots, *sweet potato)</small> Brown Rice Fresh Fruit Milk	Whole Grain Margherita Pizza Bites Fresh Vegetables

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## SPRING/SUMMER MENU 2022

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

### Preschool – School Age Vegetarian Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit Milk	Multigrain Chia Crisps Corn Salsa
<b>TUESDAY</b>	Whole Wheat English Muffin Strawberry Fruit Spread Milk	Baked Veggie Tender Sandwich Whole Wheat Bun *Sunrise Vegetable Mix (green beans, orange & yellow carrots) Fresh Fruit Milk	Fresh Fruit Spice Snaps
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Blueberry Oatmeal Bar Milk	Vegetarian Vegetable Italiano (celery, *spinach, *green peppers, onions, *carrots, mushrooms, soy protein) Vegetable Pasta Fresh Fruit Milk	Yogurt Multigrain Cinnamon Crunchy Mix
<b>FRIDAY</b>	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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**SPRING/SUMMER MENU 2022**Weeks of: June 6<sup>th</sup>, July 4<sup>th</sup>, Aug. 2<sup>nd</sup>, 29<sup>th</sup>, Sept. 26<sup>th</sup>, Oct. 24<sup>th</sup>**Preschool – School Age Vegetarian Menu**

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Baked Sweet Potato Chickpea Bites Vegetable Brown Rice (brown rice, *carrots, onions, *spinach) Fresh Fruit Milk	Whole Wheat Mini Pita Roasted Corn Hummus
<b>TUESDAY</b>	Raisin Bread Pear & Apple 100% Fruit Puree Milk	Veggie Taco Whole Wheat Tortilla *Romaine Lettuce Fresh Fruit Milk	Fresh Fruit Multigrain Crackers
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Whole Grain Vegan Banana Muffin Hat Strawberry, Apple, 100% Fruit Puree Milk	Baked Veggie Tender Coconut Barley *Spring Mix Salad Fresh Fruit Milk	Croissants Fresh Fruit
<b>FRIDAY</b>	Yogurt Fresh Fruit Milk	<b>FUN FRIDAY</b>	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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