

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 Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Chicken Mac & Cheese *Spring Mix Salad Fresh Fruit Milk	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	Extra Lean Beef Meatballs 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 Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked 100% Extra Lean Beef 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	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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SPRING/SUMMER MENU 2022Weeks of: May 30th, June 27th, July 25th, Aug. 22nd, Sept. 19th, Oct. 17th**Preschool – School Age 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	Slow Cooked Extra Lean Beef Meatballs 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	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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WEEK 4

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SPRING/SUMMER MENU 2022

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

Preschool – School Age 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	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

Fresh Fruit may vary depending on season, please refer to daily substitution summary for fresh fruit/ changes

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