

# 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. **PS-SA Menu**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Chicken Burger Whole Wheat Bun *Spring Mix Salad Fresh Fruit Milk	Whole Wheat Pasta w/ Creamy Basil Sauce Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit Milk	Sweet Chili Chicken (*bell peppers, *broccoli, *carrots (yellow & orange), chicken, onions, *romano beans) Brown Rice Fresh Fruit Milk	Baked Pollock Fish Wedge Rainbow Couscous (*carrots, corn, couscous, *peas) Fresh Fruit Milk	Slow Cooked Extra Lean Beef Meatballs w/ Tomato Sauce Whole Wheat Linguini *Green Salad Fresh Fruit Milk
<b>Week 2</b>	Tri Colour Cheese Tortellini w/ Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit Milk	Tuna Rice Bowl (*broccoli, celery, green onions, *green/red peppers, rice, tuna, *zucchini) Fresh Fruit Milk	Veggie Taco Whole Wheat Tortilla *Romaine Lettuce Fresh Fruit Milk	Chicken Vegetable Italiano (chicken breast strips, celery, *spinach, *green peppers, onions, *carrots, mushrooms) Vegetable Pasta Fresh Fruit Milk	Vegan Chickpea Bites Yummy Fusion Barley *Green Peas Fresh Fruit Milk
<b>Week 3</b>	Yummy Mac & Cheese (elbow pasta, pureed white bean & cheese sauce) *Spring Mix Salad Fresh Fruit Milk	Slow Cooked Extra Lean Beef Meatballs w/ Tomato Sauce Whole Wheat Bun Vegetable Medley (*carrots, *green/yellow beans) Fresh Fruit Milk	Lemon Dill Chicken & Vegetables (cauliflower, chicken, *carrots, *green peppers, onions, *zucchini) Brown Rice Noodles Fresh Fruit Milk	Turkey & Vegetable Stew (diced turkey, *carrots, celery, *peas, onions, *green beans) Whole Wheat Home-Style Bread Fresh Fruit Milk	*Sweet Potato, Lentil & *Spinach Dahl Whole Wheat Couscous Fresh Fruit Milk
<b>Week 4</b>	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Thin Bun *Spring Mix Salad Fresh Fruit Milk	Baked Haddock and Cod Fish Cakes Vegetable Barley (barley, corn, *peas, onion) Fresh Fruit Milk	Vegetarian Lazy Lasagna (soy protein, pasta, *spinach, onions, red/*green peppers,) *Spinach Salad Fresh Fruit Milk	Baked Chicken, Feta & Spinach Kafta Garlic Brown Rice *Green Beans Fresh Fruit Milk	<b>FUN FRIDAY</b>  (Please see posting for the special menu)

\*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- 2021  
Rev. No.:01

1444 Dupont Street, Unit 12-13, Toronto, ON, M6P 4H3  
Office: 416-532-5250 | Fax: 416-532-4313  
Toll Free: 1-866-34-YUMMY | Web: [www.yummycatering.ca](http://www.yummycatering.ca)

