




Why does Yummy Catering's food taste so good? Because we make it the way you would. With meals made-from-scratch and the use of 100% natural locally grown ingredients



Form: WM
Rev. No.:01

*Menu approved by a registered Dietitian

| DAY | A.M. SNACK | LUNCH | P.M. SNACK |
|------------------|---|--|--|
| MONDAY | Cereal w/Milk | Whole Wheat Spaghetti w/ Meatballs in Homemade Tomato Sauce Salad Fresh Fruit Milk  | Cheese Strings Crackers 100% Fruit Juice |
| TUESDAY | Fruit Yogurt w/ Organic Trail Mix Milk | Baked Fish Fillet Brown Rice Vegetables & Dip Fresh Fruit Milk  | Fresh Homemade Tomato Bruschetta Whole-Grain Baguette 100% Fruit Juice |
| WEDNESDAY | Raisin Bread w/ Soy Margarine Milk | Organic Chicken Burger on a Whole Wheat Bun Yummy Signature Sauce Green Salad Fresh Fruit Milk | Fresh Fruit Bread sticks 100% Fruit Juice |
| THURSDAY | Cereal w/Milk | Baked Pasta with Cheese Bean Vegetable Salad Fresh Fruit Milk | Ontario Apple Butter w/ Rice Cakes 100% Fruit Juice |
| FRIDAY | Apple Loaf Milk | Minestrone Soup Nut Free Butter W.W. Home-Style Bread Fresh Fruit Milk  | Fresh Vegetables w/ Dip 100% Fruit Juice |



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WEEK 2



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| DAY | A.M. SNACK | LUNCH | P.M. SNACK |
|------------------|--|--|---|
| MONDAY | Organic Cereal w/Milk | Egg & Cheese Wrap W.W. Soft Tortilla Carrot Coins Fresh Fruit Milk | Fresh Fruit Melba Toast 100% Fruit Juice |
| TUESDAY | Cheese Strings w/ Multi Grain Crackers Milk | Italian Wedding Soup W.W. Home-Style Bread  Fresh Fruit Milk | Multigrain Nachos w/ Fresh Salsa Sour Cream 100% Fruit Juice |
| WEDNESDAY | Fresh Fruit w/ Arrowroots Milk | Cheese Ravioli w/ Homemade Basil Tomato Sauce Chickpea Vegetable Salad Fresh Fruit Milk | Chicken Salad w/ Crackers 100% Fruit Juice |
| THURSDAY | Cereal w/Milk | Chicken Cutlets Dipping Sauce Brown Rice Green Salad Fresh Fruit Milk | Whole Wheat Zucchini Loaf 100% Fruit Juice |
| FRIDAY | Raisin Bread Milk | 100% Beef Burgers on a Whole Wheat Bun Peas and Carrots  Fresh Fruit Milk | Frozen Yogurt Tubes w/ Fresh Fruit 100% Fruit Juice |

1444 Dupont Street, Unit 12, 24-25, Toronto Ontario M6P 4H3
Office: 416-532-5250 | Fax: 416-532-4313
Toll Free: 1-866-34-YUMMY | Webpage: www.yummycatering.ca



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|------------------|---|---|---|
| MONDAY | Cereal w/ Milk | Fish Cake Brown Rice Salad Fresh Fruit Milk | Fresh Fruit Crackers 100% Fruit Juice |
| TUESDAY | Whole Wheat Bread Ontario Apple Butter Milk | Beef Tacos Sour Cream, Lettuce, W.W. Soft Tortilla Corn Niblets Fresh Fruit Milk  MEXICO | Hummus w/ Crackers 100% Fruit Juice |
| WEDNESDAY | Crackers w/ Cream Cheese Milk | BBQ Chicken Kabobs Couscous Vegetable Chickpea Salad Fresh Fruit Milk | Raisin Bread w/ Soy Margarine 100% Fruit Juice |
| THURSDAY | Cereal w/Milk | Yummy Vegetable Soup Egg Salad Sandwich On Whole Wheat Sliced Bread Fresh Fruit Milk | Baked Whole Wheat Oatmeal Cookie 100% Fruit Juice |
| FRIDAY | Whole Wheat Tea Biscuit with Raisins Milk | Roasted Beef w/ Gravy Mashed Potatoes W.W. Home-Style Bread w/ Soy Margarine Salad Fresh Fruit Milk  CANADA  | Fresh Vegetables with Dip 100% Fruit Juice |

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WEEK 4

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|------------------|--|--|---|
| MONDAY | Cereal w/Milk |  SWEDEN Swedish Meatballs w/ Tomato Sauce Noodles Salad Fresh Fruit Milk | Yummy Pesto Hummus Crackers 100% Fruit Juice |
| TUESDAY | Carrot Loaf Milk | Cheese Omelette Quinoa Vegetable Salad Fresh Fruit Milk | Fresh Fruit Melba Toast 100% Fruit Juice |
| WEDNESDAY | Cream Cheese w/Crackers Milk | Chicken Parmesan On a Whole Wheat Bun Vegetables & Dip Fresh Fruit Milk | Nut Free Butter W.W. Bread 100% Fruit Juice |
| THURSDAY | Raisin Bread with Milk |  SPAIN Beef Chili Brown Rice Green Salad Fresh Fruit Milk | Organic Yogurt w/ Trail Mix 100% Fruit Juice |
| FRIDAY | Pancakes w/ Apple Sauce Spread & Jam Milk | Chicken Vegetable Noodle Soup Whole Wheat Pacato Bread Soy Margarine Fresh Fruit Milk | Multigrain Nachos w/ Fresh Salsa & Sour Cream 100% Fruit Juice |

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