

SPRING/SUMMER MENU 2022Weeks of: May 16th, June 13th, July 11th, Aug. 8th, Sept. 6th, Oct. 3rd, 31st**Toddler Menu**

DAY	LUNCH
MONDAY	Chicken Mac & Cheese *Green Beans Fresh Fruit Milk
TUESDAY	Baked Pollock Fish Wedge Rainbow Couscous (*bell peppers, *carrots, couscous, *leeks) Fresh Fruit Milk
WEDNESDAY	Extra Lean Beef Meatballs with Yummy Tomato Sauce Cantonese Noodles *Broccoli & Cauliflower Fresh Fruit Milk
THURSDAY	Cheese Omelette Whole Wheat Home-Style Bread *Peas & *Carrots Fresh Fruit Milk
FRIDAY	Summer Veggie Chili (black beans, *carrots, corn, *green & red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Brown Rice Fresh Fruit Milk

*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



YUMMY CATERING™

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SPRING/SUMMER MENU 2022

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

Toddler Menu

DAY	LUNCH
MONDAY	Baked 100% Extra Lean Beef Burgers Whole Wheat Bun *Green Peas Fresh Fruit Milk
TUESDAY	Buckwheat Soba Noodle, Egg & Vegetable Stir-Fry (*broccoli, buckwheat soba noodles, *carrots, celery, egg, green onions, *green/red peppers, lentils, *zucchini) Fresh Fruit Milk
WEDNESDAY	Baked Falafel Balls Whole Wheat Pita Pocket *Green & Yellow Beans Fresh Fruit Milk
THURSDAY	Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes) *Diced Carrots Fresh Fruit Milk
FRIDAY	Curry Chicken & Vegetables (cauliflower, celery, chicken, onions, *peas, *sliced carrots, *sweet potato) Brown Rice Fresh Fruit Milk

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SPRING/SUMMER MENU 2022Weeks of: May 30th, June 27th, July 25th, Aug. 22nd, Sept. 19th, Oct. 17th**Toddler Menu**

DAY	LUNCH
MONDAY	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Green Peas Fresh Fruit Milk
TUESDAY	Baked Fish Wedge Sandwich Whole Wheat Bun *Sunrise Vegetable Mix (green beans, orange & yellow carrots) Fresh Fruit Milk
WEDNESDAY	Slow Cooked Extra Lean Beef Meatballs with Tomato Sauce Brown Rice *Broccoli & Cauliflower Fresh Fruit Milk
THURSDAY	Chicken Vegetable Italiano (chicken breast strips, celery, *spinach, *green peppers, onions, *carrots, mushrooms) Vegetable Pasta Fresh Fruit Milk
FRIDAY	Lebanese Chickpea & Vegetable Stew (*carrots sliced, chickpeas, *green/red peppers, onions, potatoes) Light Rye Bread Fresh Fruit Milk

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Water is available at all times

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SPRING/SUMMER MENU 2022Weeks of: June 6th, July 4th, Aug. 2nd, 29th, Sept. 26th, Oct. 24th**Toddler Menu**

DAY	LUNCH
MONDAY	Baked Haddock and Cod Fish Cakes Vegetable Brown Rice (brown rice, *carrots, onions, *spinach) Fresh Fruit Milk
TUESDAY	Veggie Taco Whole Wheat Tortilla *Green Peas & *Carrots Fresh Fruit Milk
WEDNESDAY	Whole Wheat Pasta with Creamy Basil Sauce Yummy Mediterranean Salad (black beans, chickpeas, corn, cucumber, *green/red peppers, quinoa, *spinach, tomatoes,) Fresh Fruit Milk
THURSDAY	Baked Chicken, Feta & Spinach Kafta Coconut Barley *Broccoli & Cauliflower Fresh Fruit Milk
FRIDAY	FUN FRIDAY

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

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