

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.

**Infant Menu**

<b>DAY</b>	<b>LUNCH</b>
<b>MONDAY</b>	Mashed Potatoes with Extra Lean Ground Beef and Yummy Gravy Whole Wheat Bun *Peas, *Carrots and Corn Medley Fresh Fruit Homogenized Milk
<b>TUESDAY</b>	Whole Wheat Pasta with Ground Turkey Meatballs and Tomato Sauce Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Homogenized Milk
<b>WEDNESDAY</b>	Diced Chicken with BBQ Sauce and Vegetable Barley Pilaf (barley, red peppers, onions, *peas) Fresh Fruit Homogenized Milk
<b>THURSDAY</b>	Summer Veggie Chili (kidney beans, black beans, tomatoes, *squash, red/*green peppers, *carrots, corn, onions) Whole Wheat Home-Style Bread Fresh Fruit Homogenized Milk
<b>FRIDAY</b>	Brown Rice with Shredded Chicken & Gravy *Peas and Corn Fresh Fruit Homogenized Milk

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
Fresh Fruit indicated on daily substitution summary

Menu approved by a registered Dietitian

All serving sizes conform to standards in the Child Care and Early Years Act

Water is available at all times



# YUMMY CATERING™

*the healthy choice*

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## Infant Menu

DAY	LUNCH
<b>MONDAY</b>	Chicken Vegetable Italiano (Chicken breast strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms) with Vegetable Pasta Fresh Fruit Homogenized Milk
<b>TUESDAY</b>	Ground Beef Meatballs with Mashed Potatoes and Gravy Whole Wheat Bun *Green Peas Fresh Fruit Homogenized Milk
<b>WEDNESDAY</b>	Brown Rice with Diced Chicken and Plum Sauce Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Homogenized Milk
<b>THURSDAY</b>	Veggie Bolognese with Black Beans and Whole Wheat Pasta Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Homogenized Milk
<b>FRIDAY</b>	Shepherd's Pie with Lean Ground Beef Whole Wheat Soft Tortilla *Carrots & Corn Fresh Fruit Homogenized Milk

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## Infant Menu

DAY	LUNCH
<b>MONDAY</b>	Diced Chicken Teriyaki with Yellow Vegetable Rice (brown rice, *carrots, onions, corn) Fresh Fruit Homogenized Milk
<b>TUESDAY</b>	Cheese Tortellini with Lentil Tomato Sauce Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Homogenized Milk
<b>WEDNESDAY</b>	Beef and Vegetable Lo Mien (extra lean diced beef, *broccoli, cauliflower, *carrots) Brown Rice Noodles Fresh Fruit Homogenized Milk
<b>THURSDAY</b>	Mashed Potatoes with Shredded Chicken and Yummy Gravy Whole Wheat Bun *Green Beans Fresh Fruit Homogenized Milk
<b>FRIDAY</b>	Lazy Lasagna (lean ground beef, pasta, *spinach, onions, red/*green peppers, corn, *squash) Fresh Fruit Homogenized Milk

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## Infant Menu

DAY	LUNCH
<b>MONDAY</b>	Brown Rice with Diced Chicken and Plum Sauce *Peas and Corn Fresh Fruit Homogenized Milk
<b>TUESDAY</b>	Yummy Chickpea Stew (chickpeas, mushrooms, *carrots, corn, onions, red/*green peppers) Whole Wheat Home-Style Bread Fresh Fruit Homogenized Milk
<b>WEDNESDAY</b>	Vegetable Pasta with Ground Beef Meatballs and Tomato Sauce Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Homogenized Milk
<b>THURSDAY</b>	Mashed Potatoes with Ground Turkey and Yummy Gravy Ciabatta Bun Steamed *Carrots Fresh Fruit Homogenized Milk
<b>FRIDAY</b>	<b>FUN FRIDAY</b>  (Please see posting for the special menu)

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