



Limited Time Offer		
Meals from this menu are prepared only on specific dates and are available on these dates only. You will have 4 choices of our chef's specials on any given day.		
Feb 19 - Feb 23		
N1	Chicken nuggets, mashed potato	\$5.08
Z3	Lemon chicken, rice	\$5.08
B18	Beef Taco Spaghetti	\$5.22
L9	Vegetarian chili	V \$5.08
Feb 26 - Mar 02		
W6	Meatballs cheese melt sub	\$5.22
B3	Honey garlic meatballs, rice	\$5.08
P3	Tomato sauce, spaghetti	\$4.88
C4	White chili with chicken	V \$5.42
Mar 05 - Mar 09		
W1	Tuna salad sandwich	\$5.08
Z16	Swiss meatballs, rice	\$5.08
L7	Chicken rice soup	\$5.08
S11	Potato Salad/Garden Salad (half & half)	V \$5.31
Mar 19 - Mar 23		
N1	Chicken nuggets, mashed potato	\$5.08
W21	Grilled Vegetables and Feta sandwich	V \$5.31
Z15	Meatloaf, macaroni	\$5.08
Z25	Chicken souvlaki and rice	\$5.22
Mar 26 - Mar 30		
Z24	Chicken parmesan over pasta	\$5.22
K2	Potato hash browns, gravy & cheese	V \$5.31
W16	Egg salad sandwich	\$5.31
Z27	Homemade lazy lasagna noodles	\$5.22
Apr 02 - Apr 06		
Z14	Shepherd's pie	\$5.22
B4	Mac & Beef	\$5.08
S5	Greek salad	V \$5.08
Z17	Cacciatore chicken, pasta	\$5.08
Apr 09 - Apr 13		
Z10	Meatloaf, mashed potato	\$5.08
L4	Vegetarian Minestrone soup	V \$4.88
S10	Pasta salad/Garden salad (Half & Half)	\$5.08
Z32	Chicken pasta primavera	\$5.42
Apr 16 - Apr 20		
N1	Chicken nuggets, mashed potato	\$5.08
Z9	Alfredo chicken, pasta	\$5.22
B3	Honey garlic meatballs, rice	\$5.08
V8	Penne pasta, roasted tomatoes & feta	V \$5.22
Apr 23 - Apr 27		
Z7	Butter chicken, rice	\$5.22
Z16	Swiss meatballs, rice	\$5.08
W17	Super French toast with apple filling	V \$5.31
Z30	Chicken teriyaki noodles	\$5.08

Everyday Meal Selection		
Meals from this menu are available to order on any Mommy's Yummies Food day at your child's school. We have vegetarian, chicken, beef, and junior meals. Junior meals are smaller, cost less and designed for a light eater.		
Chicken Dishes		
N2	Chicken nuggets, rice	\$5.08
C1	Chicken fried rice	\$5.08
L1	Hearty Chicken noodle soup	\$5.08
S7	Chicken Caesar salad	\$5.31
C2	Roasted chicken, buttered pasta	\$5.31
W15	Bagel with chicken and lettuce	\$5.08
Beef Dishes		
B1	Meat sauce, spaghetti	\$5.08
B2	Italian meatballs, spaghetti	\$5.08
B16	Rice with Taco Beef	\$5.08
B21	Simply beef meatballs, rice	\$5.08
Vegetarian Dishes		
P1	Mac & Cheese	\$4.88
P2	Spaghetti with Parmesan cheese	\$4.88
S2	Caesar salad	\$5.08
W9	Bagel, cream cheese, salmon sandwich	\$5.08
W10	Bagel, egg, cheddar cheese sandwich	\$5.08
W11	Bagel, apple, cheddar cheese sandwich	\$5.08
W12	Bagel, cream cheese, berry, apple, cinnamon	\$5.08
W13	Bagel, chocolate cream cheese, banana	\$5.22
W14	Bagel and cream cheese	\$4.17
W20	Bagel, cream cheese, cucumber sandwich	\$4.17
Junior Dishes (smaller portions)		
JP1	(Junior) Mac & Cheese	\$4.05
JP2	(Junior) Pasta, Parmesan cheese	\$4.05
Complete Junior Meal (includes Fruit or Vegetable of the day + Juice)		
CJP1	(Junior) Mac & Cheese Combo	\$5.64
CJP2	(Junior) Pasta, Parmesan cheese Combo	\$5.64
CJC2	(Junior) Roasted chicken, buttered pasta	\$5.79
CJB17	(Junior) Simply beef meatballs, rice	\$5.79
CJN2	(Junior) Chicken nuggets, rice Combo	\$5.79
CJB2	(Junior) Ital meatballs, spaghetti Combo	\$5.79
Healthy Snacks and Mini Meals		
AD1	Apple Juice	\$1.10
AD2	Orange Juice	\$1.10
AD3	Strawberry Yop (Drinkable Yogurt 200ml)	\$1.60
AF1	Fresh Fruit assorted	\$1.60
AF2	Apple Wedges	\$1.50
AV1	Fresh Vegetables assorted	\$1.60
AV2	Organic Mini Carrots	\$1.50
AV3	Cucumber slices	\$1.50

Everyday Meal Selection		
AM1	Banana Chocolate Chip Muffin	\$1.30
AM6	Carrot cake with cream cheese icing	\$1.75
AM7	Rice pudding with raisins	\$1.50
AM8	Cheese/Grapes/Crackers Pack	\$2.50
AM9	Oatmeal raisin cookie	\$1.20
AM10	Chocolate chip cookie	\$1.20
V in the menu stands for "vegetarian"		

Great food! Comforting! Homemade! Delicious! Wholesome and Healthy!

This hot lunch program is provided on **Tuesdays**

- There is no obligation to sign up for every day. Select as much or as little as you want.
- **The best option is ordering online:** If you are new to our program you will have to register first: <http://www.myfood.ca> -> "My account"-> "New customers register". Register as a new customer. Check your email then activate your registration. Create Student account for each child. To see the menu click on your child's name and select meals they like. Online ordering system is always available. There is no deadline for ordering, order anytime online with your account. It is also easy to change, add or remove any selections. We need at least 3 days for payment processing!

**REGISTERED
HOLISTIC NUTRITIONIST**

Mommy's Yummies Food Inc. is happy to announce that we are offering a nutritional consultations by our **Registered Holistic Nutritionist**.

If you or your child have any problems with health and wish to take a holistic approach, please **email us at** getwellprogram@gmail.com or **Find us on**

Payment options include:

- Email transfer to admin@myfood.ca
- Paypal (link viewable at www.myfood.ca), cheque or cash
- We cannot reimburse for missed lunches, but if you let us know before 8 AM of the delivery date that your child is not coming to school for any reason, we will cancel your lunch and issue you a credit.
- All meals are nut free and made from fresh (not from frozen!!!) boneless, skinless chicken and beef.

Other ordering options:

- Order by email admin@myfood.ca;
- Order by phone: 613-882-8739 (after 4pm only);
- Order by text: 613-882-8739
- Please see some photos of our meals: <https://www.flickr.com/gp/136800812@N05/8e5KR5>
- Video: <http://youtu.be/glds0mXIYB8>
- Mommy's Yummies Facebook: **Find us on**