



| Limited Time Offer | | |
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| Meals from this menu are prepared only on specific dates and are available on these dates only. You will have 3 choices of our chef's specials on any given day. | | |
| Oct 08 - Oct 12 | | |
| N1 | Chicken nuggets, mashed potato | \$5.85 |
| Z14 | Shepherd's pie | \$5.85 |
| B3 | Honey garlic meatballs, rice | \$5.85 |
| Oct 15 - Oct 19 | | |
| Z24 | Chicken parmesan over pasta | \$5.85 |
| Z10 | Meatloaf, mashed potato | \$5.85 |
| W17 | Super French toast with apple filling | V \$5.85 |
| W18 | Super French toast with Cherry filling | V \$5.85 |
| Oct 22 - Oct 26 | | |
| W3 | Vegetables and feta cheese wrap | V \$5.85 |
| Z9 | Alfredo chicken, pasta | \$5.85 |
| B4 | Mac & Beef | \$5.85 |
| Oct 29 - Nov 02 | | |
| Z3 | Lemon chicken, rice | \$5.85 |
| L3 | Beef chili | \$5.85 |
| K2 | Potato hash browns, gravy & cheese | V \$5.85 |
| Nov 05 - Nov 09 | | |
| Z1 | BBQ chicken, mashed potato | \$5.85 |
| V8 | Penne pasta, roasted tomatoes & feta | V \$5.75 |
| Z15 | Meatloaf, macaroni | \$5.85 |
| Nov 12 - Nov 16 | | |
| N1 | Chicken nuggets, mashed potato | \$5.85 |
| W6 | Meatballs cheese melt sub | \$5.85 |
| B18 | Beef Taco Spaghetti | \$5.85 |
| Nov 19 - Nov 23 | | |
| Z5 | Sweet and sour chicken, Rice | \$5.85 |
| Z16 | Swiss meatballs, rice | \$5.85 |
| P5 | Pasta with Alfredo sauce | V \$5.75 |
| Nov 26 - Nov 30 | | |
| Z14 | Shepherd's pie | \$5.85 |
| P3 | Tomato sauce, spaghetti | V \$5.44 |
| Z33 | Chicken teriyaki with rice | \$5.85 |

| Every day Meal Selection | | |
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| 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 combo meals. Junior combo meals are smaller and designed for a light eater, include fruit or vegetable of the day and juice. | | |
| Chicken Dishes | | |
| N2 | Chicken nuggets, rice | \$5.85 |
| C1 | Chicken fried rice | \$5.75 |
| L1 | Hearty Chicken noodle soup | \$5.44 |
| S7 | Chicken Caesar salad | \$5.85 |
| C2 | Roasted chicken, buttered pasta | \$5.85 |
| W15 | Bagel with chicken and lettuce | \$5.75 |
| W19 | Chicken Caesar wrap | \$5.85 |
| Beef Dishes | | |
| B1 | Meat sauce, spaghetti | \$5.85 |
| B2 | Italian meatballs, spaghetti | \$5.85 |
| B16 | Rice with Taco Beef | \$5.85 |
| B21 | Simply beef meatballs, rice | \$5.75 |
| Vegetarian Dishes | | |
| P1 | Mac & Cheese | \$5.44 |
| P2 | Spaghetti with Parmesan cheese | \$5.44 |
| S2 | Caesar salad | \$5.44 |
| W9 | Bagel, cream cheese, salmon sandwich | \$5.75 |
| W10 | Bagel, egg, cheddar cheese sandwich | \$5.75 |
| W11 | Bagel, apple, cheddar cheese sandwich | \$5.75 |
| W12 | Bagel, cream cheese, berry, apple, cinnamon | \$5.75 |
| W13 | Bagel, chocolate cream cheese, banana | \$5.75 |
| W14 | Bagel and cream cheese | \$5.44 |
| W20 | Bagel, cream cheese, cucumber sandwich | \$5.44 |
| Complete Junior Meal (smaller portions, includes Fruit or Vegetable of the day + Juice) | | |
| CJP1 | (Junior) Mac & Cheese Combo | \$5.88 |
| CJP2 | (Junior) Pasta, Parmesan cheese Combo | \$5.88 |
| CJC2 | (Junior) Roasted chicken, buttered pasta | \$5.99 |
| CJB17 | (Junior) Simply beef meatballs, rice | \$5.99 |
| CJN2 | (Junior) Chicken nuggets, rice Combo | \$5.99 |
| CJB2 | (Junior) Ital meatballs, spaghetti Combo | \$5.99 |
| 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 |
| AM1 | Banana Chocolate Chip Muffin | \$1.30 |

| Every day Meal Selection | | |
|---------------------------------------|-------------------------------------|--------|
| AM6 | Carrot cake with cream cheese icing | \$1.85 |
| AM7 | Rice pudding with raisins | \$1.50 |
| AM8 | Cheese/Grapes/Crackers Pack | \$2.55 |
| 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 **Fridays**

- 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 4 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 if applicable
- 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.
- **Attention: all payments have to be received by us 4 days prior to delivery date.**

Contact us:

- By email admin@myfood.ca;
- By phone or text: 613-882-8739 (before 8am or after 4pm);
- 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**