



Limited Time Offer		
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.		
<b>Dec 03 - Dec 07</b>		
<b>N1</b>	Chicken nuggets, mashed potato	\$5.85
<b>B19</b>	Beef sausage and chicken Jambalaya	\$6.19
<b>L9</b>	Vegetarian chili	V \$5.85
<b>Dec 10 - Dec 14</b>		
<b>Z16</b>	Swiss meatballs, rice	\$5.85
<b>P3</b>	Tomato sauce, spaghetti	V \$5.44
<b>Z32</b>	Chicken pasta primavera	\$5.85
<b>Dec 17 - Dec 21</b>		
<b>B3</b>	Honey garlic meatballs, rice	\$5.85
<b>C3</b>	Chicken Pot Pie topped with mashed potato	\$5.85
<b>W16</b>	Egg salad sandwich	V \$5.85
<b>Jan 07 - Jan 11</b>		
<b>K2</b>	Potato hash browns, gravy & cheese	V \$5.85
<b>B4</b>	Mac & Beef	\$5.85
<b>Z17</b>	Cacciatore chicken, pasta	\$5.85
<b>Jan 14 - Jan 18</b>		
<b>Z7</b>	Butter chicken, rice	\$5.85
<b>W1</b>	Tuna salad sandwich	V \$5.85
<b>Z27</b>	Homemade lazy lasagna noodles	\$5.85
<b>Jan 21 - Jan 25</b>		
<b>N1</b>	Chicken nuggets, mashed potato	\$5.85
<b>L3</b>	Beef chili	\$5.85
<b>Z30</b>	Chicken teriyaki noodles	\$5.85
<b>Jan 28 - Feb 01</b>		
<b>Z9</b>	Alfredo chicken, pasta	\$5.85
<b>Z10</b>	Meatloaf, mashed potato	\$5.85
<b>L10</b>	Tomato soup with rice and vegetables	V \$5.75
<b>Feb 04 - Feb 08</b>		
<b>W6</b>	Meatballs cheese melt sub	\$5.85
<b>Z16</b>	Swiss meatballs, rice	\$5.85
<b>Z31</b>	Mac & Cheese with chicken & vegetables	\$5.85
<b>Feb 11 - Feb 15</b>		
<b>Z1</b>	BBQ chicken, mashed potato	\$5.85
<b>L2</b>	Beef and barley soup	\$5.85
<b>S10</b>	Pasta salad/Garden salad (Half & Half)	V \$5.75
<b>Feb 18 - Feb 22</b>		
<b>P3</b>	Tomato sauce, spaghetti	V \$5.44
<b>C4</b>	White chili with chicken	\$5.85
<b>Z27</b>	Homemade lazy lasagna noodles	\$5.85

Every day 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 combo meals. Junior combo meals are smaller and designed for a light eater, include fruit or vegetable of the day and juice.		
<b>Chicken Dishes</b>		
<b>N2</b>	Chicken nuggets, rice	\$5.85
<b>C1</b>	Chicken fried rice	\$5.75
<b>L1</b>	Hearty Chicken noodle soup	\$5.44
<b>S7</b>	Chicken Caesar salad	\$5.85
<b>C2</b>	Roasted chicken, buttered pasta	\$5.85
<b>W15</b>	Bagel with chicken and lettuce	\$5.75
<b>W19</b>	Chicken Caesar wrap	\$5.85
<b>Beef Dishes</b>		
<b>B1</b>	Meat sauce, spaghetti	\$5.85
<b>B2</b>	Italian meatballs, spaghetti	\$5.85
<b>B16</b>	Rice with Taco Beef	\$5.85
<b>B21</b>	Simply beef meatballs, rice	\$5.75
<b>Vegetarian Dishes</b>		
<b>P1</b>	Mac & Cheese	\$5.44
<b>P2</b>	Spaghetti with Parmesan cheese	\$5.44
<b>S2</b>	Caesar salad	\$5.44
<b>W9</b>	Bagel, cream cheese, salmon sandwich	\$5.75
<b>W10</b>	Bagel, egg, cheddar cheese sandwich	\$5.75
<b>W11</b>	Bagel, apple, cheddar cheese sandwich	\$5.75
<b>W12</b>	Bagel, cream cheese, berry, apple, cinnamon	\$5.75
<b>W13</b>	Bagel, chocolate cream cheese, banana	\$5.75
<b>W14</b>	Bagel and cream cheese	\$5.44
<b>W20</b>	Bagel, cream cheese, cucumber sandwich	\$5.44
<b>Complete Junior Meal (smaller portions, includes Fruit or Vegetable of the day + Juice)</b>		
<b>CJP1</b>	(Junior) Mac & Cheese Combo	\$5.88
<b>CJP2</b>	(Junior) Pasta, Parmesan cheese Combo	\$5.88
<b>CJC2</b>	(Junior) Roasted chicken, buttered pasta	\$5.99
<b>CJB17</b>	(Junior) Simply beef meatballs, rice	\$5.99
<b>CJN2</b>	(Junior) Chicken nuggets, rice Combo	\$5.99
<b>CJB2</b>	(Junior) Ital meatballs, spaghetti Combo	\$5.99
<b>Healthy Snacks and Mini Meals</b>		
<b>AD1</b>	Apple Juice	\$1.10
<b>AD2</b>	Orange Juice	\$1.10
<b>AD3</b>	Strawberry Yop (Drinkable Yogurt 200ml)	\$1.60
<b>AF1</b>	Fresh Fruit assorted	\$1.60
<b>AF2</b>	Apple Wedges	\$1.50
<b>AV1</b>	Fresh Vegetables assorted	\$1.60
<b>AV2</b>	Organic Mini Carrots	\$1.50
<b>AV3</b>	Cucumber slices	\$1.50
<b>AM1</b>	Banana Chocolate Chip Muffin	\$1.30

Every day Meal Selection		
<b>AM6</b>	Carrot cake with cream cheese icing	\$1.85
<b>AM7</b>	Rice pudding with raisins	\$1.50
<b>AM8</b>	Cheese/Grapes/Crackers Pack	\$2.55
<b>AM9</b>	Oatmeal raisin cookie	\$1.20
<b>AM10</b>	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 **Thursdays**

- 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](mailto:getwellprogram@gmail.com) or **Find us on**

**Payment options include:**

- Email transfer to [admin@myfood.ca](mailto:admin@myfood.ca)
- Paypal (link viewable at [www.myfood.ca](http://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](mailto: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**