



Contact person: Nadia Jansen van Rensburg

Contact number: 082 046 4854

E-mail: Nadia.allaboutfood@gmail.com

ORDER FOR MEALS – MORNING STAR MONTESSORI

Week: 11/01/2022 - 14/01/2022

Monday - SCHOOL HOLIDAY

Macaroni bolognaise bake, sweetcorn fritter, fruit

V - Sweet potato, spinach & lentil dhal, fruit

Age group 1	Age group 2	Age group 3

Tuesday - SCHOOL HOLIDAY

Homemade fish cakes, oven baked fries, carrot salad

V - Moroccan vegetable stew with cous cous, julienne cucumber

Age group 1	Age group 2	Age group 3

Wednesday - SCHOOL OPENS

Crumbed chicken strips, mash, peas & corn, jelly & custard

V - Aubergine, broccoli & mushroom stew, mash, jelly & custard

Age group 1	Age group 2	Age group 3

Thursday

Tuna pasta salad & pumpkin fritter

V - Pasta salad with peas, tomatoes, cheese & pumpkin fritter

Age group 1	Age group 2	Age group 3

Friday

Boerewors roll with relish & fruit

V - Tomato, cucumber, lettuce & mozzarella sandwich, fruit

Age group 1	Age group 2	Age group 3



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ORDER FOR MEALS – MORNING STAR MONTESSORI

Week: 17/01/2022 - 21/01/2022

Monday

Savoury mince, mixed vegetables, white rice & fruit

V - Butternut, sweet potato & tomato stew, white rice, fruit

Age group 1	Age group 2	Age group 3

Tuesday

Chicken pasta salad & pumpkin fritter

V - Pasta salad with chick peas, cucumber, tomato & pumpkin fritter

Age group 1	Age group 2	Age group 3

Wednesday

Fish fingers, oven baked fries, julienne cucumber, jelly & custard

V - Vegetable lasagne, carrot salad, mini roll, jelly & custard

Age group 1	Age group 2	Age group 3

Thursday

Macaroni & cheese with bacon, carrot salad

V - Macaroni & cheese with peas & corn

Age group 1	Age group 2	Age group 3

Friday

BBQ chicken & mozzarella tramezzini quarters, fruit

V - Vegetable wraps, fruit

Age group 1	Age group 2	Age group 3



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ORDER FOR MEALS – MORNING STAR MONTESSORI

Week: 24/01/2022 - 28/01/2022

Monday

Macaroni bolognese bake, sweetcorn fritter, fruit

V - Sweet potato, spinach & lentil dhal, fruit

Age group 1	Age group 2	Age group 3

Tuesday

Homemade fish cakes, oven baked fries, carrot salad

V - Moroccan vegetable stew with cous cous, julienne cucumber

Age group 1	Age group 2	Age group 3

Wednesday

Crumbed chicken strips, mash, peas & corn, jelly & custard

V - Aubergine, brocolli & mushroom stew, mash, jelly & custard

Age group 1	Age group 2	Age group 3

Thursday

Tuna pasta salad & pumpkin fritter

V - Pasta salad with peas, tomatoes, cheese & pumpkin fritter

Age group 1	Age group 2	Age group 3

Friday

Boerewors roll with relish & fruit

V - Tomato, cucumber, lettuce & mozzarella sandwich, fruit

Age group 1	Age group 2	Age group 3



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ORDER FOR MEALS – MORNING STAR MONTESSORI

Week: 31/01/2022 - 04/02/2022

Monday

Savoury mince, mixed vegetables, white rice & fruit
 V - Butternut, sweet potato & tomato stew,
 white rice, fruit

Age group 1	Age group 2	Age group 3

Tuesday

Chicken pasta salad & pumpkin fritter
 V - Pasta salad with chick peas, cucumber, tomato & pumpkin fritter

Age group 1	Age group 2	Age group 3

Wednesday

Fish fingers, oven baked fries, julienne cucumber, jelly & custard
 V - Vegetable lasagne, carrot salad, mini roll, jelly & custard

Age group 1	Age group 2	Age group 3

Thursday

Macaroni & cheese with bacon, carrot salad
 V - Macaroni & cheese with peas & corn

Age group 1	Age group 2	Age group 3

Friday

BBQ chicken & mozzarella tramezzini quarters
 V - Vegetable wraps, fruit

Age group 1	Age group 2	Age group 3



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ORDER FOR MEALS – MORNING STAR MONTESSORI

Week: 07/02/2022 - 11/02/2022

Monday

Macaroni bolognaise bake, sweetcorn fritter, fruit

V - Sweet potato, spinach & lentil dhal, fruit

Age group 1	Age group 2	Age group 3

Tuesday

Homemade fish cakes, oven baked fries, carrot salad

V - Moroccan vegetable stew with cous cous, julienne cucumber

Age group 1	Age group 2	Age group 3

Wednesday

Crumbed chicken strips, mash, peas & corn, jelly & custard

V - Aubergine, brocolli & mushroom stew, mash, jelly & custard

Age group 1	Age group 2	Age group 3

Thursday

Tuna pasta salad & pumpkin fritter

V - Pasta salad with peas, tomatoes, cheese & pumpkin fritter

Age group 1	Age group 2	Age group 3

Friday

Boerewors roll with relish & fruit

V - Tomato, cucumber, lettuce & mozzarella sandwich, fruit

Age group 1	Age group 2	Age group 3



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ORDER FOR MEALS – MORNING STAR MONTESSORI

Week: 14/02/2022 - 18/02/2022

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 V - Butternut, sweet potato & tomato stew, white rice, fruit

Age group 1	Age group 2	Age group 3

Tuesday

Chicken pasta salad & pumpkin fritter
 V - Pasta salad with chick peas, cucumber, tomato & pumpkin fritter

Age group 1	Age group 2	Age group 3

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Fish fingers, oven baked fries, julienne cucumber, jelly & custard
 V - Vegetable lasagne, carrot salad, mini roll, jelly & custard

Age group 1	Age group 2	Age group 3

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Macaroni & cheese with bacon, carrot salad
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Age group 1	Age group 2	Age group 3

Friday

BBQ chicken & mozzarella tramezzini quarters
 V - Vegetable wraps, fruit

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ORDER FOR MEALS – MORNING STAR MONTESSORI

Week: 21/02/2022 - 25/02/2022

Monday

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V - Sweet potato, spinach & lentil dhal, fruit

Age group 1	Age group 2	Age group 3

Tuesday

Homemade fish cakes, oven baked fries, carrot salad

V - Moroccan vegetable stew with cous cous, julienne cucumber

Age group 1	Age group 2	Age group 3

Wednesday

Crumbed chicken strips, mash, peas & corn, jelly & custard

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Tuesday

Chicken pasta salad & pumpkin fritter

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Macaroni & cheese with bacon, carrot salad

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Friday

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V - Vegetable wraps, fruit

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