



CarolFourie

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Spyseniering • Catering

ORDER FORM – MORNING STAR MONTESSORI

Learner Name: _____

Parent Name: _____

Week: 18-22 July 2022

Monday

Savoury Mince and Vegetables on Rice
Vegetable Medley on Rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Chicken Pasta Casserole
Vegetable Pasta Casserole

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup and bread roll
Vegetable Soup and bread roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Pizza meat option
Pizza no meat

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Veg Option)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12



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Week: 25-29 July 2022

Monday

Chicken a la King and rice
Medley of Veggies on rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Cottage Pie
Medley of Veggies Cottage Pie

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup with Bread Roll
Vegetable Soup with Bread Roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Macaroni and Cheese with Mince
Macaroni and Cheese with Medley of Veggies

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Vegetables)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12



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Week: 1-5 August 2022

Monday

Savoury Mince and Vegetables on Rice
Vegetable Medley on Rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Chicken Pasta Casserole
Vegetable Pasta Casserole

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup and bread roll
Vegetable Soup and bread roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Pizza meat option
Pizza no meat

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Veg Option)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12



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Week: 8-12 August 2022

Monday

Chicken a la King and rice
Medley of Veggies on rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Cottage Pie
Medley of Veggies Cottage Pie

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup with Bread Roll
Vegetable Soup with Bread Roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Macaroni and Cheese with Mince
Macaroni and Cheese with Medley of Veggies

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Vegetables)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12



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Week: 15-19 August 2022

Monday

Savoury Mince and Vegetables on Rice
Vegetable Medley on Rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Chicken Pasta Casserole
Vegetable Pasta Casserole

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup and bread roll
Vegetable Soup and bread roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Pizza meat option
Pizza no meat

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Veg Option)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12



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Week: 22-26 August 2022

Monday

Chicken a la King and rice
Medley of Veggies on rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Cottage Pie
Medley of Veggies Cottage Pie

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup with Bread Roll
Vegetable Soup with Bread Roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Macaroni and Cheese with Mince
Macaroni and Cheese with Medley of Veggies

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Vegetables)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12



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Week: 29 August – 2 September 2022

Monday

Savoury Mince and Vegetables on Rice
Vegetable Medley on Rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Chicken Pasta Casserole
Vegetable Pasta Casserole

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup and bread roll
Vegetable Soup and bread roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Pizza meat option
Pizza no meat

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Veg Option)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12



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Week: 5-9 September 2022

Monday

Chicken a la King and rice
Medley of Veggies on rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Cottage Pie
Medley of Veggies Cottage Pie

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup with Bread Roll
Vegetable Soup with Bread Roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Macaroni and Cheese with Mince
Macaroni and Cheese with Medley of Veggies

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Vegetables)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12



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Week: 12-16 September 2022

Monday

Savoury Mince and Vegetables on Rice
Vegetable Medley on Rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Chicken Pasta Casserole
Vegetable Pasta Casserole

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup and bread roll
Vegetable Soup and bread roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Pizza meat option
Pizza no meat

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Veg Option)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12



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Week: 19-23 September 2022

Monday

Chicken a la King and rice
Medley of Veggies on rice

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Tuesday

Cottage Pie
Medley of Veggies Cottage Pie

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Wednesday

Vegetable Soup with Bread Roll
Vegetable Soup with Bread Roll

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Thursday

Macaroni and Cheese with Mince
Macaroni and Cheese with Medley of Veggies

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12

Friday

Snack Pack (Meat Option)
Snack Pack (Vegetables)

Age Group 1 1-3	Age Group 2 4-6	Age Group 3 7-12