

FoodEasy

DAILY MEALS & CATERING

Healthy Catered Lunches - Morning Star Montessori

☎ 061 860 0659 ☎ foodeasyza@gmail.com 📱 fb.com/FoodEasyZA 📷 @FoodEasyZA

OVERVIEW

FoodEasy has partnered with Morning Star Montessori to provide students with fresh, nutritious and balanced meals. Parents can be assured that the program ensures that students are receiving the best possible meals to support their physical and mental well-being.

Meals have been developed by a certified nutrition specialist and experienced caterer, ensuring that each meal provides an appropriate portion of the recommended daily dietary intake for the students' age group. Meals are freshly prepared, individually packaged and delivered daily; using locally sourced ingredients to provide high-quality meals that are both nutritious and delicious.

SPECIFICATIONS

FoodEasy menus have been developed in line with the South African Department of Health's [Food-Based Dietary Guidelines for South Africa \(2013\)](#)¹ as well as the Australian National Health and Medical Research Council [Australian Dietary Guidelines \(2013\)](#)^{2 & 3}. These are available from the [The Food and Agriculture Organization \(FAO\)](#)⁴ agency of the United Nations.

Menus are made available in portions catering to three (3) age groups, namely, Toddlers (2-3 yo), Preschoolers (4-8 yo), and Preteens (9-11 yo).

	Meat		Veg		Grain		Fruit		Dairy	
	Meal	Serve	Meal	Serve	Meal	Serve	Meal	Serve	Meal	Serve
Toddlers (2-3 yo)	½	1	1	2 ½	1	4	½	1	½	1 ½
Preschoolers (4-8 yo)	¾	1 ½	1 ½	4 ½	2	4	1	1 ½	¾	2
Preteens (9-11 yo)	1 ½	2 ½	2	5	2	4-5	1	2	1 ½	2 ½

The average serve per meal against the minimum recommended daily serves, broken down by each food group

Sources:

1: <https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/south-africa/en/>

2: <https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/australia/en/>

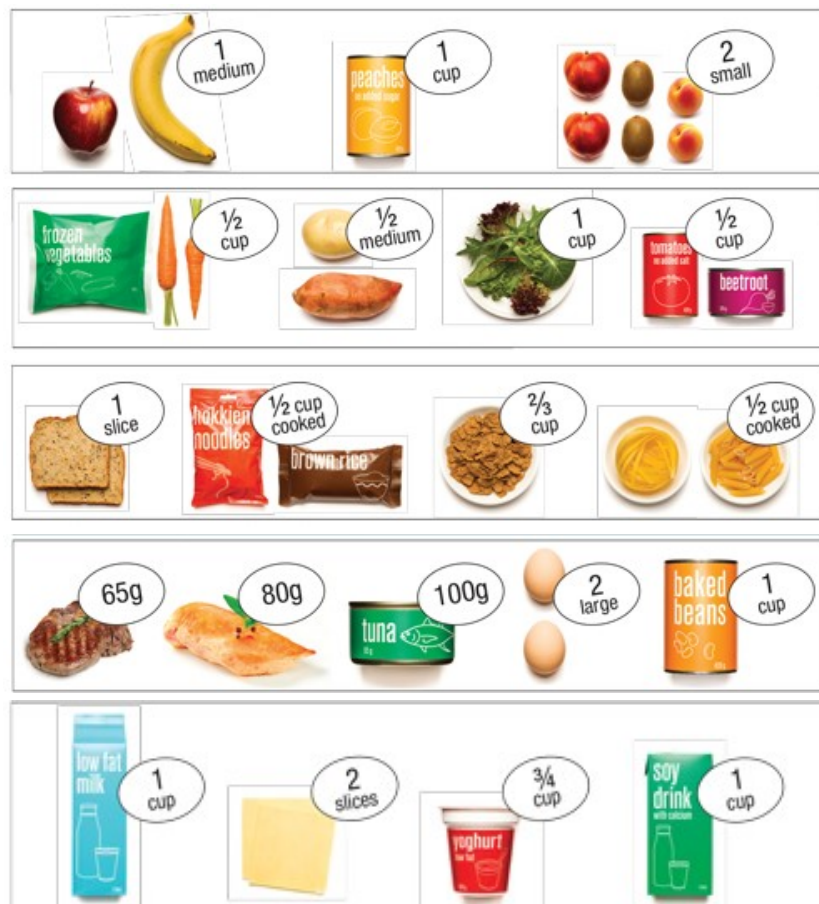
3: <https://www.eatforhealth.gov.au/>

4: <https://www.fao.org/home/en/>

SERVING SIZES EXPLAINED

Single Serving Size

Fruit	<ul style="list-style-type: none"> • 1 medium apple, pear or banana • 2 small plums, apricots or kiwifruit • 1 cup diced or canned fruit drained (no added sugar)
Vegetables	<ul style="list-style-type: none"> • ½ cup of cooked veggies like broccoli, carrots, or pumpkin • ½ medium potato, sweet potato or corn cob • 1 cup of green leafy veg or salad • ½ cup of lentils, chickpeas or canned beans (Cooked)
Cereals & Grain	<ul style="list-style-type: none"> • 1 slice of bread, crumpet or small muffin • ½ cup rice, pasta, noodles or porridge (Cooked) • ⅔ cup wheat cereal flakes • ¼ cup muesli
Dairy	<ul style="list-style-type: none"> • 1 cup of milk (or alternative like soy or rice milk) • 2 slices of cheese (56 grams) • ¾ cup of yoghurt (200 gm)
Meat, fish, poultry, eggs, nuts, seeds, legumes	<ul style="list-style-type: none"> • 65 grams of lean beef, lamb, veal or pork (Cooked) • 80 grams of lean chicken or turkey (Cooked) • 100 grams of fish fillet (Cooked) • 2 large eggs • 1 cup of lentils, chickpeas or canned beans (Cooked)



The minimum recommended daily serves, broken down by each food group.

MENU OPTIONS
WEEK ONE

	Meal	Ingredients *
MON	Spaghetti & Meatballs	Beef, Eggs, Onion, Tomato, Carrot, Butternut, Wheat, Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
TUE	Chicken Casserole with Rice	Chicken, Onion, Carrot, Green Beans, Potato, Rice, Starch (Corn, Wheat), Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
WED	Cottage Pie	Beef, Eggs, Onion, Corn, Peas, Carrot, Potato, Wheat, Dairy (Milk), Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
THU	Chicken Pasta Bake	Chicken, Eggs, Onion, Carrot, Tomato, Wheat, Dairy (Milk, Cheese), Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
FRI	Hotdogs & Slaw	Beef, Onion, Tomato, Carrot, Corn, Mixed Dried Fruit, Wheat, Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil

WEEK TWO

	Meal	Ingredients *
MON	Spaghetti Bolognese	Beef, Eggs, Onion, Tomato, Carrot, Butternut, Wheat, Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
TUE	Chicken Strips Potatoes & Veggies	Chicken, Green Beans, Butternut, Potato, Lemon Juice, Salt, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
WED	Beef & Vegetable Stew on Rice	Beef, Green Beans, Onion, Carrot, Potato, Wheat, Rice, Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
THU	Chicken Sosatie with Mash & Salad	Chicken, Potato, Tomato, Cucumber, Carrot, Lettuce, Dairy (Milk), Salt, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
FRI	Junior Beef Burgers	Beef, Eggs, Onion, Tomato, Lettuce, Wheat, Dairy (Milk), Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil

WEEK THREE

	Meal	Ingredients *
MON	Savoury Mince with Rice	Beef, Onion, Corn, Carrot, Sweet Potato, Mixed Dried Fruit, Wheat, Rice, Starch (Corn, Wheat), Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
TUE	Bacon Mac & Cheese	Pork, Eggs, Onion, Carrot, Butternut, Tomato, Wheat, Dairy (Milk, Cheese), Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
WED	Boerewors with Mash & Gravy	Beef, Onion, Tomato, Butternut, Potato, Dairy (Milk), Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
THU	Chicken Pasta Salad	Chicken, Eggs, Corn, Tomato, Cucumber, Carrot, Wheat, Dairy (Cheese), Salt, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil
FRI	Vetkoek & Beef Mince	Beef, Onion, Tomato, Carrot, Corn, Mixed Dried Fruit, Wheat, Salt, Cane Sugar, Spices (Mixed), Dry Herbs (Mixed), Vegetable Oil

** Ingredients are indicative only and subject to seasonal availability. Individual items may be substituted to achieve recommended nutritional quantities as per national guidelines.*

OPTIONAL SUPPLEMENTARY MENU

FoodEasy will offer optional additional menu options to supplement the daily recommended dietary intake with additional fresh fruits and dairy.

Weekly Extras

MON	Fresh Fruit (eg. Apple, Pear, Banana)
TUE	Yoghurt (eg. Vanilla, Strawberry)
WED	Fresh Fruit (eg. Apple, Pear, Banana)
THU	Yoghurt (eg. Vanilla, Strawberry)
FRI	Treats (eg. Cookies, Lollipop)

MENU COSTS

Semester cost has been calculated for the upcoming school semester starting on July 19th and ending on September 22nd, 2023. This period spans 9 and a half weeks and includes 47 school days and 1 public holiday.

	Per Meal	Per Semester	Extras per Semester
Toddlers (2-3 yo)	R30⁰⁰	R1,410⁰⁰	R376⁰⁰
Preschoolers (4-8 yo)	R35⁰⁰	R1,645⁰⁰	
Preteens (9-11 yo)	R40⁰⁰	R1,880⁰⁰	

ORDER & PAYMENT

Parents and Staff can place orders by returning a completed order form and proof of payment to **FoodEasy** via email. Payment is to be made via electronic funds transfer and orders are only confirmed once payment for the duration of the semester (or remainder thereof) has been received in full.

CANCELLATION

By returning a completed order form, you are entering into a contract for the provision of catering services for the duration of the school semester, starting on July 19th and ending on September 22nd, 2023. In the event that you wish to cancel or modify this agreement, we kindly ask that you provide a minimum of one week's notice in writing via email. Cancellations made less than one week in advance will incur a charge equivalent to 50% of the price for remaining meals in that week.

MODIFICATION & SPECIAL DIETARY REQUIREMENTS

FoodEasy understands the importance of catering to different dietary restrictions, allergies, or cultural preferences. Please reach out to discuss any special dietary requirements, we will do our best to provide suitable meal options for your child. Your child's well-being is our priority, and we appreciate your proactive communication in helping us create a safe and inclusive dining experience for all students.