

# RAINBOW MONTESSORI

## HOT LUNCH PROGRAM JANUARY 2012

MON.	TUES.	WEDS.	THUR.	FRI.
		<b>02/01</b> <i>Baked Fish Sticks with Garlic Green Beans, Yellow Rice Fruit in season 100% Juice</i>	<b>02/02</b> <i>Chicken and Beef Meat balls with Broccoli served over Angel Hair Pasta Fruit in season 1% Milk</i>	<b>02/03</b> <i>Beef Stew with Potato &amp; Carrots served over white rice Fruit in season 100% Juice</i>
<b>02/06</b> <i>Ground Beef Penne Pasta with fresh mushrooms and Marinara Sauce Fruit in season 100% Juice</i>	<b>02/07</b> <i>Red Lentil and Broccoli Soup with Toasted Garlic Bread Fruit in season 1% Milk</i>	<b>02/08</b> <i>Baked Fish Sticks with Garlic Green Beans, Yellow Rice Fruit in season 100% Juice</i>	<b>02/09</b> <i>Chicken and Beef Meat balls with Broccoli served over Angel Hair Pasta Fruit in season 1% Milk</i>	<b>02/10</b> <i>Beef Stew with Potato &amp; Carrots served over white rice Fruit in season 100% Juice</i>
<b>02/13</b> <i>Ground Beef Penne Pasta with fresh mushrooms and Marinara Sauce Fruit in season 100% Juice</i>	<b>02/14</b> <i>Red Lentil and Broccoli Soup with Toasted Garlic Bread Fruit in season 1% Milk</i>	<b>02/15</b> <i>Baked Fish Sticks with Garlic Green Beans, Yellow Rice Fruit in season 100% Juice</i>	<b>02/16</b> <i>Chicken and Beef Meat balls with Broccoli served over Angel Hair Pasta Fruit in season 1% Milk</i>	<b>02/17</b> <i>Beef Stew with Potato &amp; Carrots served over white rice Fruit in season 100% Juice</i>
<b>02/20</b> <b>SCHOOL CLOSED</b> <b>PRESIDENTS DAY</b>	<b>02/21</b> <i>Red Lentil and Broccoli Soup with Toasted Garlic Bread Fruit in season 1% Milk</i>	<b>02/22</b> <i>Baked Fish Sticks with Garlic Green Beans, Yellow Rice Fruit in season 100% Juice</i>	<b>02/23</b> <i>Chicken and Beef Meat balls with Broccoli served over Angel Hair Pasta Fruit in season 1% Milk</i>	<b>02/24</b> <i>Beef Stew with Potato &amp; Carrots served over white rice Fruit in season 100% Juice</i>
<b>02/27</b> <i>Ground Beef Penne Pasta with fresh mushrooms and Marinara Sauce Fruit in season 100% Juice</i>	<b>02/28</b> <i>Red Lentil and Broccoli Soup with Toasted Garlic Bread Fruit in season 1% Milk</i>	<b>02/29</b> <i>Baked Fish Sticks with Garlic Green Beans, Yellow Rice Fruit in season 100% Juice</i>		

## **Beef Stew with Potato and Carrots**

- 1 lb beef cubes
- 2 garlic cloves, minced
- 1 tablespoon ginger
- 1 diced carrots
- 4 potatoes, cut into cubes
- 1 large onion, chopped
- 1 can Hunts (for better taste and quality) Cubed Tomato
- 1 tablespoon tomato paste
- 1 Maggie beef cube
- 1 teaspoon chili powder (substitute with Paprika if kids are eating it)
- 2 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon turmeric powder
- 4 tablespoon oil
- White rice, to serve with

### **Directions:**

1. In a saucepan cover the beef and the beef cube with water and cook until the beef is tender. if there is still water left keep it for later use.
2. Add the oil and fry the beef until brown, add the onions cook until soft, add the spices, garlic, ginger and potato the potato stir and cook for 5 minutes.
3. Stir in tomato and the paste cook until tomato is soft
4. Add Potato and Carrots with water (about 2 cups) and cook until the potato is tender. (if you have some of the stock left from the beef you can use it here)
5. Serve over rice

## **Red Lentil Soup with Tomato and Garlic Bread**

1. Wash 2 cups of Red lentils thoroughly,
2. Add two tablespoons of olive oil and lightly pan fry half an onion
3. Add a teaspoon of garlic and stir for another minute
4. Add 7 CUPS of water and a half teaspoon of turmeric and Bring to boil, then add a can of cubed Hunts tomatoes and a small can of Tomato Paste and salt
5. Lower the heat and simmer until the lentils are tender, about 30 to 45 minutes
6. Slice a loaf of bread, sprinkle the garlic and butter in between and place in the oven for 7 minutes and serve with the soup