


# Rainbow Montessori School

## LUNCH MENU – FEB 2010

MON.	TUES.	WEDS.	THUR.	FRI.
<b>02/01</b> Fish Sticks Elbow Macaroni Pasta Salad with sour cream & Mayo Fruit in Season Juice	<b>02/02</b> Pan Crisped steamed Korean Pot Stickers Angel Hair Pasta Mixed Veggies Fruit in Season Milk	<b>02/03</b> Meat Balls and Spaghetti with a zesty Sour Cream Sauce and mixed Vegetables Fruit in season 100% Juice	<b>02/04</b> Ground Beef with Green Beans served over Yellow Rice Fruit in season 100% Juice	<b>02/05</b> Chicken Nuggets Chicken Nuggets Garlic Broccoli Penne Regatta with Parmesan Fruit in season Milk
<b>02/02</b> Fish Sticks Elbow Macaroni Pasta Salad with sour cream & Mayo Fruit in Season Juice	<b>02/09</b> Pan Crisped steamed Korean Pot Stickers Angel Hair Pasta Mixed Veggies Fruit in Season Milk	<b>02/10</b> Meat Balls and Spaghetti with a zesty Sour Cream Sauce and mixed Vegetables Fruit in season 100% Juice	<b>02/11</b> Ground Beef with Green Beans served over Yellow Rice Fruit in season 100% Juice	<b>02/02</b> Chicken Nuggets Garlic Broccoli Penne Regatta with Parmesan Fruit in season Milk
<b>02/15</b> SCHOOL CLOSED 	<b>02/16</b> Pan Crisped steamed Korean Pot Stickers Angel Hair Pasta Mixed Veggies Fruit in Season Milk	<b>02/17</b> Meat Balls and Spaghetti with a zesty Sour Cream Sauce and mixed Vegetables Fruit in season 100% Juice	<b>02/18</b> Ground Beef with Green Beans served over Yellow Rice Fruit in season 100% Juice	<b>02/19</b> Chicken Nuggets Garlic Broccoli Penne Regatta with Parmesan Fruit in season Milk
<b>02/22</b> Fish Sticks Elbow Macaroni Pasta Salad with sour cream & Mayo Fruit in Season Juice	<b>02/23</b> Pan Crisped steamed Korean Pot Stickers Angel Hair Pasta Mixed Veggies Fruit in Season Milk	<b>02/24</b> Meat Balls and Spaghetti with a zesty Sour Cream Sauce and mixed Vegetables Fruit in season 100% Juice	<b>02/25</b> Ground Beef with Green Beans served over Yellow Rice Fruit in season 100% Juice	<b>02/26</b> Chicken Nuggets Garlic Broccoli Penne Regatta with Parmesan Fruit in season Milk



FRESH HEALTHY WHOLESOME MEALS THAT KIDS NEED

## GROUND BEEF WITH GREEN BEANS

### INGREDIENTS:

1 lb ground beef  
1-1 1/2 lbs green beans  
3 cloves garlic, crushed  
1 medium chopped onion  
2 tbsp vegetable oil  
1 tbsp soy sauce  
1 can of cubed tomatoe  
1/4 c water if needed  
salt and pepper to taste



### COOKING INSTRUCTIONS:

1. Sauté garlic and onion in hot vegetable oil as usual.
2. Add the ground beef and stir until slightly brown
3. Add the green beans and keep stirring until coated with oil.
4. Add the tomato cubes, soy sauce, salt and pepper.
5. Add 1/4 cup water if it dries up to prevent burning
6. Simmer for 10-15 minutes until green beans are tender but still crisp
7. Serve with hot steamed rice with turmeric and butter.

## CHICKEN NUGGETS WITH BROCCOLI

### INGREDIENTS:

2 lb Chicken Nuggets  
2 pound broccoli florets, rinsed, patted dry,  
3 cloves garlic, crushed  
2 tbsp vegetable oil  
1 tbsp soy sauce  
1 cup of chicken stock  
salt and pepper to taste



### COOKING INSTRUCTIONS:

1. Sauté Broccoli with a tablespoon of oil on low heat and cook for 2 minutes
2. Make a space in th middle of the broccoli and add 2 teaspoons of crushed garlic and 1 teaspoons of soy sauce, mix and stir for 2 minutes
3. Add 1 teaspoon of salt
4. Add half a cup of chicken stock
5. Cover and cook for 5 minutes
6. Serve over Penne Regatta (Sprinkle Penne with Parmesan Cheese)
7. Add baked chicken nuggets on side

FOLLOW INSTRUCTIONS FOR BAKING CHICKEN NUGGETS AND COOKING PENNE REGATE PASTA AS PER LABLES INSTRUCTIONS.

## MEAT BALLS WITH SOUR CREAM SAUCE

### COOKING INSTRUCTIONS

- Cook Angels Hair Pasta – 3 minutes from boiling or follow packet directions
- Bake Meat Balls as per instructions
- Boil Mixed vegetables

### SAUCE

3 tb [Butter](#)  
3 Tbsp. flour  
1 cup brown beef stock  
1/2 cup sour cream  
1/ tsp. lemon juice  
salt  
1/8 tsp. Cayenne

1. While meatballs are baking, heat the butter in a saucepan over low heat.
2. Stir in flour and cook till bubbly.
3. Add Beef stock
3. Add lemon juice
4. Boil and stir one minute till thickened.
5. Remove from heat and stir in sour cream.
6. Serve over meatballs with mixed vegetables on side

## PAN CRISPED POT STICKERS

1. Add a tablespoon of oil and heat on low heat for 2 minutes.
2. Add Pot stickers and brown for 5 minutes.
3. Add ¼ cup of water, cover and let it steam on low heat for 10 minutes until; well cooked
4. Serve over Angel Hair Pasta and Steam Vegetables

