

# RAINBOW MONTESSORI

HOT LUNCH PROGRAM JANUARY 2012

MON.	TUES.	WEDS.	THUR.	FRI.
<p><b>01/02</b></p> <p><i>Potato Au Gratin with Crumbled Turkey Ham Fruit in season 100% Juice</i></p>	<p><b>01/03</b></p> <p><i>Lentil Bolognese with diced Tomato served with Penne Regatta Fruit in season 100% Juice</i></p>	<p><b>01/04</b></p> <p><i>Beef Stir Fry with Cabbage, Onions and Garlic Fruit in season 1% Milk</i></p>	<p><b>01/05</b></p> <p><i>Sheppard's Pie with Minced Meat, Mixed vegetables Fruit in season 100% Juice</i></p>	<p><b>01/06</b></p> <p><i>Baked Fish Sticks with Yellow Rice and Vegetables Fruit in season 100% Juice</i></p>
<p><b>01/09</b></p> <p><i>Potato Au Gratin with Crumbled Turkey Ham Fruit in season 100% Juice</i></p>	<p><b>01/10</b></p> <p><i>Lentil Bolognese with diced Tomato served with Penne Regatta Fruit in season 100% Juice</i></p>	<p><b>01/11</b></p> <p><i>Beef Stir Fry with Cabbage, Onions and Garlic Fruit in season 1% Milk</i></p>	<p><b>01/12</b></p> <p><i>Sheppard's Pie with Minced Meat, Mixed vegetables Fruit in season 100% Juice</i></p>	<p><b>01/13</b></p> <p><i>Baked Fish Sticks with Yellow Rice and Vegetables Fruit in season 100% Juice</i></p>
<p><b>01/16</b></p> <p><b>SCHOOL CLOSED</b> <b>MARTIN LUTHER KING DAY</b></p>	<p><b>01/17</b></p> <p><i>Lentil Bolognese with diced Tomato served with Penne Regatta Fruit in season 100% Juice</i></p>	<p><b>01/18</b></p> <p><i>Beef Stir Fry with Cabbage, Onions and Garlic Fruit in season 1% Milk</i></p>	<p><b>01/19</b></p> <p><i>Sheppard's Pie with Minced Meat, Mixed vegetables Fruit in season 100% Juice</i></p>	<p><b>01/20</b></p> <p><i>Baked Fish Sticks with Yellow Rice and Vegetables Fruit in season 100% Juice</i></p>
<p><b>01/23</b></p> <p><i>Potato Au Gratin with Crumbled Turkey Ham Fruit in season 100% Juice</i></p>	<p><b>01/24</b></p> <p><i>Lentil Bolognese with diced Tomato served with Penne Regatta Fruit in season 100% Juice</i></p>	<p><b>01/25</b></p> <p><i>Beef Stir Fry with Cabbage, Onions and Garlic Fruit in season 1% Milk</i></p>	<p><b>01/26</b></p> <p><i>Sheppard's Pie with Minced Meat, Mixed vegetables Fruit in season 100% Juice</i></p>	<p><b>01/27</b></p> <p><i>Baked Fish Sticks with Yellow Rice and Vegetables Fruit in season 100% Juice</i></p>
<p><b>01/30</b></p> <p><i>Potato Au Gratin with Crumbled Turkey Ham Fruit in season 100% Juice</i></p>	<p><b>01/31</b></p> <p><i>Lentil Bolognese with diced Tomato served with Penne Regatta Fruit in season 100% Juice</i></p>	<p><b>MONDAY FEATURE MEAL</b></p> <p><b>POTATO AU GRATIN WITH TURKEY HAM</b></p> <p>IDAHO POTATO CHEDDER CHEESE MILK REAL BUTTER MINCED ONIONS</p> <p><b>RAINBOW HOT LUNCH PROGRAM</b></p>		

# Potato Au Gratin with Crumbled Turkey Ham

## Ingredients

2 cups potatoes, peeled and sliced  
1 cup diced cooked ham  
1 tablespoon minced onion  
1/3 cup butter or margarine  
3 tablespoons all-purpose flour  
1 1/2 cups milk  
1 cup shredded Cheddar cheese  
3/4 teaspoon salt  
1 dash white pepper  
Chopped fresh parsley

## Directions

1. Combine potatoes, ham and onion in a greased 1-qt. casserole; set aside.
2. In a saucepan, melt butter over medium heat; stir in flour until smooth.
3. Gradually add milk; stirring constantly until mixture thickens and bubbles.
4. Add cheese, salt and pepper; stir until the cheese melts.
5. Pour over potato mixture and stir gently to mix.
6. Bake at 350 degrees F for 35-40 minutes or until bubbly. Garnish with parsley.

25 March 2008

## Beef and Cabbage Fried Rice

With only two people to cook for (including myself), I found that preparing my family's traditional corned beef and cabbage (yes, I know it's not Irish - but we're immigrants, so that makes it authentic, right?) left me with a veritable feast of leftovers. The mashed potatoes were no problem. The corned beef made a delicious hash. But the cabbage proved to be a challenge, so I came up with this delicious fried rice. Is it even remotely close to authentic Asian cuisine of any culture? I doubt it. But it is tasty, and that's all I'm concerned about.

## Beef and Cabbage Fried Rice

2.5 pound beef, thinly sliced  
3 tablespoons vegetable oil  
1 onion, thinly sliced  
1 table spoon crushed garlic  
2-4 tablespoons soy sauce, shoyu or tamari (I used tamari)  
2 tablespoons stir-fry sauce (optional)  
1 teaspoon ground ginger  
1 head cabbage, thinly shredded  
6 cups cooked rice  
Salt and freshly ground black pepper