



May 2021

CASA DEL MAR MONTESSORI SCHOOL

Parents menu.

ALL MEALS INCLUDE A SALAD BUFFET

WEEK 1	MONDAY - 3	TUESDAY - 4	WEDNESDAY - 5	THURSDAY - 6	FRIDAY - 7
MAIN COURSE	Vegetarian empanada	Vegetarian tortilla	Breaded zucchini	Vegetarian tacos	Vegetarian stroganoff
GARNISH 1	Oven baked carrots	Quinoa salad	Pinto bean salad	Cous cous	Whole grain pasta
GARNISH 2	Mixed green salad	Corn on the cob	Garlic mushrooms	Coleslaw	Baby sprouts salad
WEEK 2	MONDAY - 10	TUESDAY -11	WEDNESDAY - 12	THURSDAY - 13	FRIDAY - 14
MAIN COURSE	Lentil stew	Spinach quiche	Vegetarian noodle wok	Vegetarian chilli	Vegetarian nuggets
GARNISH 1	Basmati rice	Stir fry veggies	Corn on the cob	White rice	Cauliflower gratin
GARNISH 2	Mixed salad			Green salad	Cherry tomato salad with basil

WEEK 3	MONDAY - 17	TUESDAY - 18	WEDNESDAY - 19	THURSDAY - 20	FRIDAY - 21
MAIN COURSE	Vegetarian stew (any legume)	Black bean patties	Falafel in tomato sauce	Vegetarian noodles	Vegetarian paella
GARNISH 1	Boiled potatoes	Hot cous cous with veggies	Quinoa salad	Steamed broccoli	Baby tomatoes & cucumber
GARNISH 2	Steamed veggies with extra Virgin		Stir fry zucchini	Arugula salad	
WEEK 4	MONDAY - 24	TUESDAY - 25	WEDNESDAY - 26	THURSDAY - 27	FRIDAY - 28
MAIN COURSE	Veggie Enchiladas	Pinto bean stew	Vegetarian enchiladas	Vegetarian meatless balls in basil tomato sauce	Mc & cheese with garbanzos
GARNISH 1	Corn on the cob	Boiled potatoes	Sweet potato fry	Spaghetti	Caesar salad
GARNISH 2		Pico de gallo (Pipirrana)	Noodle salad	Red and green pepper salad	

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