

March 2021



International School of
the Sacred Heart

Monday					Tuesday					Wednesday					Thursday					Friday				
1					2					3					4					5				
(V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Grilled Peppers Tomato & Eggplant Confit Drink Fruits & Oat Crumble					Stir Fry Pork (V) Stir Fry Tofu White Rice Buttered Broccoli Soy Glazed Eggplant Moyashi w. Shimeji Drink Lychee					Pasta Bolognese (V) Pasta Arrabbiata w. Eggplant & Lentil Freshly Baked Ciabatta Zucchini Parmesan Julienne Carrots Green Peas Drink Fresh Melon w. Grapes					P/T Conferences (No School for Students)					Pasta Frutti Di Marre (Seafood Pasta) (V) Garbanzo & Pomodoro Pasta Focaccia Sauteed Cauliflower Mixed Mushroom Pesto Asparagus Parmesan Drink Brownies				
Calorie 724kcal Protein 11.0g					Calorie 657kcal Protein 20.5g					Calorie 939kcal Protein 37.6g										Calorie 932kcal Protein 43.0g				
8					9					10					11					12				
(V) Vegetable Makhanni White Rice Falafel w. Tzatziki Sauce Curry Baby Potato Crispy Okura Drink Mango w. Pineapple					Hayashi Beef (V) Edamame Stir fry w. Sesame & Garlic White Rice Snap Peas Fukujinzuke (Pickled Lotus & Daikon) Carrot Flowers Drink Fresh Sliced Fruit					Oregano Pork (V) Mushroom & Tofu Pesto White Rice Zucchini Provencal Grilled Yellow Peppers w. Red Onion Cauliflower Drink Happy Carrot Cake					Chicken Ponzu (V) Vegetarian Harusame w. Tofu White Rice Grated Daikon Komatsuna Ohitashi Gyoza & Dipping Sauce Drink Apple Wedges w. Grapes					Baked Cod w. Lemon Herb Butter (V) Zucchini w. Lemon & Garbanzo White Rice Parsley Boiled Potatoes Cherry Tomato & Eggplant Confit Garlic Green Beans Drink Chocolate Cake				
Calorie 869kcal Protein 17.0g					Calorie 932kcal Protein 29.8g					Calorie 940kcal Protein 39.4g					Calorie 711kcal Protein 44.3g					Calorie 944kcal Protein 33.5g				
15					16					17					18					19				
(V) Tempura Vegetables White Rice Snow Peas Sauteed Carrot Flowers Grilled Shitake Mushrooms Drink Fresh Bananas					Shogayaki (Ginger Pork) Miso Soy Glazed Eggplant w. Tofu White Rice Sauteed Broccoli Pickled Cucumbers w. Cherry Tomatoes Tamagoyaki Drink Orange Wedges					Irish Stew (V) Vegetable Loaf Butter Rolls Green Beans Carrots Vichy Whole Corn Drink Waterford Apple Cake					Chicken Namban w. Tartar Sauce (V) Tofu Karaage White Rice Sauteed Cabbage Wok Seared Broccoli Japanese Potato Salad Drink Mikan w. Mango					Teriyaki Salmon (V) Miso Eggplant w. Aburaage White Rice Tamagoyaki Shibazuke (Pickled Eggplant) Green Beans Gomae Drink Mixed Fresh Fruit				
Calorie 653kcal Protein 10.7g					Calorie 943kcal Protein 38.1g					Calorie 735kcal Protein 24.9g					Calorie 1051kcal Protein 37.5g					Calorie 783kcal Protein 30.8g				
22					23					24					25					26				
(V) Spinach w. Garbanzo & Tomatoes White Rice Parsley Buttered Noodles Asparagus w. Tomato Vinaigrette Grilled Eggplant Drink Sliced Pineapple in Syrup					Tonkatsu w. Shredded Cabbage (V) Tofu Katsu w. Shredded Cabbage White Rice Tamagoyaki Edamame Gomae Kinpira Gobo Drink Mixed Fruit					Juicy Beef Burgers (V) Grilled Vegetarian Burgers Crispy Potato Wedges Garlic Cauliflower Roasted Eggplant w. Peppers Green Beans w. Shimeji Drink Peaches w. Raspberry Sauce					Japanese Chicken Curry (V) Vegetable Curry w. Tofu White Rice Croquettes Snap Peas Roasted Pumpkin Drink Fresh Fruit					Fish Fingers (V) Chick Pea Fingers White Rice Steamed Carrots Cucumbers w. Cherry Tomatoes Cabbage w. Young Corn Drink Sponge Cake				
Calorie 889kcal Protein 18.9g					Calorie 932kcal Protein 21.6g					Calorie 947kcal Protein 21.6g					Calorie 983kcal Protein 29.3g					Calorie 966kcal Protein 33.7g				
29					30					31														
No School					No School					No School														

Cezars Kitchen menu does not contain nuts
Menu may change depending on ingredient availability