November 2022

CEZARS™ KITCHEN

Seisen International School

Monday	Tuesday	Wednesday	Thursday	Friday
	1	**2**	**3**	**4**
	Chicken Adobo (V) Vegetable Pancit w. Aburaage White Rice Adobong Kankong (Spinach w. Garlic & Soy) Daily Salad Drink Kutsinta	Teriyaki Pork (V) Teriyaki Tofu w. Daikon White Rice Edamame Gomae Daily Salad Drink Sliced Pineapple	Mandarin Chicken (V) Crispy Mandarin Tofu White Rice Stir Fry Vegetables w. Baby Corn Daily Salad Drink Lemon Cake	No School
	WHEAT SESAME SOY	WHEAT SESAME SOY	EGG DAIRY WHEAT SESAME SOY	
	Calorie : 776 kcal / Protein : 37.3 g	Calorie : 738 kcal / Protein : 32.5 g	Calorie : 816 kcal / Protein : 46.0 g	
7	**8**	**9**	**10**	**11**
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole White Rice Sweet Corn Daily Salad Drink Apple Crumble	Beef Lasagna (V) Vegetarian Lasagna Ciabatta Broccoli Sautee Daily Salad Drink Fruit Jelly	Sweet & Sour Chicken Sweet & Sour Vegetables & Tofu White Rice Shorompo / (V) Croquette Daily Salad Drink Fresh Fruit w. Tapioca	Lemon Butter Whitefish (V) Tofu Meunier White Rice Ratatouille Daily Salad Drink Orange Wedges	Chicken Stroganoff (V) Mushroom & Vegetable Stroganoff Roast Potato Grilled Eggplant Daily Salad Drink Panna Cotta
EGG DAIRY WHEAT	EGG DAIRY WHEAT	EGG DAIRY WHEAT SESAME SOY	DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT
Calorie : 942 kcal / Protein : 34.0 g	Calorie : 903 kcal / Protein : 37.2 g	Calorie : 743 kcal / Protein : 29.4 g	Calorie : 575 kcal / Protein : 25.6 g	Calorie : 686 kcal / Protein : 27.3 g
14	**15**	**16**	**17**	**18**
Tonkatsu w. Shredded Cabbage (V) Tofu katsu w. Shredded Cabbage White Rice Kinpira Gobo Daily Salad Drink Apple Wedges	Tandoori Chicken (V) Falafel White Rice Green Beans Daily Salad Drink Fresh Bananas	Fish Cakes (V) Vegetable Potato Cake White Rice Roasted Corn Daily Salad Drink Freshly Mixed Fruit	Chicken Parmigiana (V) Rosemary Butter Chick Peas Pasta Al Pepperoncino Sautéed Broccoli Daily Salad Drink Carrot cake	No School
EGG DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT	EGG DAIRY WHEAT FISH	EGG DAIRY WHEAT	
Calorie : 917 kcal / Protein : 30.0 g	Calorie : 627 kcal / Protein : 39.8 g	Calorie : 927 kcal / Protein : 33.0 g	Calorie : 877 kcal / Protein : 31.3 g	
21	**22**	**23**	**24**	**25**
Hayashi Beef (V) Edamame Stir fry w. Sesame & Garlic White Rice Snap Peas Daily Salad Drink Fruit Compote	Miso Chicken (V) Vegetarian Harusame White Rice Green Beans Daily Salad Drink Castella Cake	No School	No School	Beef Bulgogi (V) Tofu Bulgogi White Rice Stir-fried Zucchini Daily Salad Drink Orange Wedges
EGG DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT SOY			WHEAT SESAME SOY
Calorie : 938 kcal / Protein : 24.8 g	Calorie : 698 kcal / Protein : 37.5 g			Calorie : 754 kcal / Protein : 36.6 g
28	**29**	**30**		
Creamy Bacon Pasta (V) Creamy vegetable Pasta Garlic Bread Steamed Broccoli Daily Salad Drink Mikan	Fish Fingers (V) Zucchini w. Lemon & Garbanzo Parsley Boiled Potatoes Cherry Tomato & Eggplant Confit Daily Salad Drink Chocolate Cake	Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes Daily Salad Drink Mixed Fruit		
EGG DAIRY WHEAT	EGG DAIRY WHEAT FISH	DAIRY WHEAT SOY		
Calorie : 853 kcal / Protein : 22.6 g	Calorie : 879 kcal / Protein : 30.7 g	Calorie : 883 kcal / Protein : 27.8 g		

Cezars Kitchen menu does not contain nuts

Menu may change depending on ingredient availability

The nutritional value on the menu is calculated based on the amount serving for Secondary School Students.