# February 2023

CEZARS™ KITCHEN

# Seisen International School

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | **1** | **2** | **3** |
| | | Spaghetti w. Meatballs<br>(V) Eggplant & Mushroom Pasta<br>Ciabatta Bread<br>Grilled Zucchini<br>Daily Salad<br>Drink<br>Fresh Melon w. Grapes | Barbeque Chicken<br>(V) Grilled Vegetable & White Bean Casserole<br>White Rice<br>Roasted Corn Kernels<br>Daily Salad<br>Drink<br>Mixed Berry Cobbler | CK Beef Burgers<br>(V) Grilled Vegetable Burgers<br>Crispy Potato Wedges<br>Green Beans<br>Coleslaw<br>Drink<br>Pineapple w. Oranges |
| | | DAIRY WHEAT SOY | EGG DAIRY WHEAT SOY | EGG DAIRY WHEAT SESAME |
| | | Calorie : 875 kcal / Protein : 34.3 g | Calorie : 724 kcal / Protein : 31.4 g | Calorie : 871 kcal / Protein : 29.0 g |
| **6** | **7** | **8** | **9** | **10** |
| Butter Chicken<br>(V) Vegetable Makhanni<br>Freshly Baked Naan<br>Roasted Pumpkin w. Brown Butter<br>Daily Salad<br>Drink<br>Mango Crumble | Fish Fingers w. Tartar Sauce<br>(V) Crispy Lemon Pepper Tofu<br>White Rice<br>Stewed Cabbage<br>Daily Salad<br>Drink<br>Fresh Fruit w. Lime Zest | Teriyaki Chicken<br>(V) Teriyaki Tofu w. Daikon<br>White Rice<br>Kimpira Gobo<br>Daily Salad<br>Drink<br>Sliced Pineapple | Beef Lasagna<br>(V) Vegetarian Lasagna<br>Cezars Freshly Baked Focaccia<br>Cauliflower w. Broccoli<br>Daily Salad<br>Drink<br>Grape Jelly | Karaage Chicken<br>(V) Tofu Karaage<br>White Rice<br>Edamame Gomaae<br>Daily Salad<br>Drink<br>Castella Cake |
| EGG DAIRY WHEAT | EGG DAIRY WHEAT FISH SOY | EGG WHEAT SESAME SOY | EGG DAIRY WHEAT | EGG DAIRY WHEAT SESAME SOY |
| Calorie : 660 kcal / Protein : 30.2 g | Calorie : 930 kcal / Protein : 32.2 g | Calorie : 768 kcal / Protein : 28.9 g | Calorie : 865 kcal / Protein : 34.5 g | Calorie : 719 kcal / Protein : 41.5 g |
| **13** | **14** | **15** | **16** | **17** |
| Taco Rice<br>(V) Vegetable Bean Chili<br>White Rice<br>Tomato Salsa<br>Daily Salad<br>Drink<br>Fresh Mikan | Roasted Chicken<br>(V) Natural Lentils w. Vegetables<br>Roast Potatoes<br>Steamed Broccoli<br>Daily Salad<br>Drink<br>Chocolate Cake w. Mix Berry Coulis | Meat Lover's Pizza<br>(V) Margherita w. Mushroom Pizza<br>Pepperoncini Pasta<br>Roasted Peppers & Eggplant<br>Daily Salad<br>Drink<br>Orange Wedges | Chicken Shashlik<br>(V) Tofu Shashlik<br>White Rice<br>Garlic & Ginger Glazed Squash<br>Daily Salad<br>Drink<br>Mixed Fruit | Baked White Fish w. Herb Butter<br>(V) Lemon Herb Tofu<br>Vienna Rolls<br>Snap Peas<br>Daily Salad<br>Drink<br>Apple Wedges |
| EGG DAIRY WHEAT | EGG DAIRY WHEAT | EGG DAIRY WHEAT | EGG DAIRY WHEAT SOY | EGG DAIRY WHEAT FISH SOY |
| Calorie : 851 kcal / Protein : 26.8 g | Calorie : 755 kcal / Protein : 50.3 g | Calorie : 662 kcal / Protein : 19.1 g | Calorie : 653 kcal / Protein : 37.8 g | Calorie : 642 kcal / Protein : 38.5 g |
| **20** | **21** | **22** | **23** | **24** |
| Herb Roasted Chicken<br>(V) Grilled Vegetables w. Legumes<br>White Rice<br>Ratatouille<br>Daily Salad<br>Drink<br>Fruit Compote | Meatloaf w. Mushroom Demi<br>(V) Chickpea loaf<br>Baby Roast Potatoes<br>Thyme Roasted Carrots<br>Daily Salad<br>Drink<br>Apple Crumble | Japanese Chicken Curry<br>(V) Japanese Vegetarian Curry w. Garbanzo<br>White Rice<br>Croquettes<br>Daily Salad<br>Drink<br>Mixed Fruit | Winter Break | Winter Break |
| EGG DAIRY WHEAT | EGG DAIRY WHEAT SOY | EGG DAIRY WHEAT SOY | | |
| Calorie : 840 kcal / Protein : 41.0 g | Calorie : 708 kcal / Protein : 23.2 g | Calorie : 883 kcal / Protein : 27.8 g | | |
| **27** | **28** | | | |
| Parent's day | Creamy Chicken Pasta<br>(V) Grilled Vegetable Pepperoncino<br>Cheese Rolls<br>Grilled Zucchini<br>Daily Salad<br>Drink<br>Raspberry Pannacotta | | | |
| | EGG DAIRY WHEAT | | | |
| | Calorie : 976 kcal / Protein : 30.3 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.