

May 2023



International School of the Sacred Heart

Monday					Tuesday					Wednesday					Thursday					Friday											
1					2					3					4					5											
(V) Mix Bean Casserole White Rice Carrot Batons Buttered Corn Caramelized Pears					Beef Con Carne (V) Soy Meat Con Carne White Rice Roasted Corn Sautéed Broccoli Pineapple Wedges					Malaysian Chicken Curry (V) Vegetable Curry w. Tofu White Rice Chinese Sauteed Greens Turmeric Roasted Cauliflower Carrot Cake					Tonkatsu w. Shredded Cabbage (V) Tofu Katsu w. Shredded Cabbage White Rice Carrot Coins Snap Peas Fruit Custard					School Holiday											
DAIRY	WHEAT			SOY	DAIRY				SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME			SOY									
Calorie 606kcal Protein 13.0g					Calorie 784kcal Protein 29.8g					Calorie 926kcal Protein 33.2g					Calorie 884kcal Protein 32.9g																
8					9					10					11					12											
(V) Coconut Bean Curry White Rice Green Peas w. Carrots Eggplant w. Garlic Sauce Fresh Bananas					Lime Marinated Chicken (V) Adobong Kangkong (Tofu Variation) White Rice Spring Rolls w. Dipping Sauce (V) Vegetarian Pancit Cabbage w. Baby Corn Grape Jelly					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Lettuce, Onion, Tomato Orange Wedges					Miso Chicken (V) Vegetarian Harusame w. Aburaage White Rice Snap Peas Braised Carrots Caramel Pudding					Fish Fingers w. Tartar Sauce (V) Crispy Tofu in Citrus Sauce White Rice Japanese Potato Salad Sautéed Broccoli Fruit Crumble											
	WHEAT			SOY			WHEAT	SESAME			SOY	EGG	DAIRY	WHEAT	SESAME			SOY	EGG	DAIRY	WHEAT	SESAME			SOY		DAIRY	WHEAT		FISH	SOY
Calorie 811kcal Protein 16.2g					Calorie 822kcal Protein 30.0g					Calorie 803kcal Protein 27.9g					Calorie 733kcal Protein 41.2g					Calorie 935kcal Protein 31.3g											
15					16					17					18					19											
(V) Pizza Margherita Pasta Pepperoncino Sweet Corn Green Beans w. Tomatoes Ambrosia Fresh Fruits					Japanese Pork Curry (V) Japanese Tofu Curry White Rice Croquettes Japanese Pickles Berry Yogurt					Basil Chicken (V) Mushroom & Green Bean Stew White Rice Roasted Asparagus Parmesan Sautéed Carrots Browne					Beef Lasagna (V) Vegetable Lasagna Focaccia Green Peas Roasted Vegetables Sliced Fruits					Mandarin Chicken (V) Tofu Karaage White Rice Wok Seared Broccoli Kimpira Gobo Milk Fruit Jelly											
	DAIRY	WHEAT		SOY			WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY			WHEAT	SESAME			SOY		
Calorie 695kcal Protein 18.8g					Calorie 908kcal Protein 26.3g					Calorie 878kcal Protein 34.3g					Calorie 907kcal Protein 38.0g					Calorie 699kcal Protein 45.3g											
22					23					24					25					26											
(V) Vegetarian Yakisoba White Rice Steamed Carrots Cucumbers w. Cherry Tomatoes Citrus w. Honey					Stir Fry Chicken & Vegetables (V) Stir Fry Vegetables w. Tofu White Rice Gyoza (V) Vegetarian Gyoza Wok Seared Cabbage w. Mushrooms Fruit Tapioca					Organic Spaghetti Bolognese (V) Organic Spaghetti Veg Bolognese Garlic Bread Green Beans Grilled Peppers & Zucchini Panna Cotta					CK Made w. Love Roasted Chicken (V) Cuisine Natural Lentils w. Vegetables White Rice Mac N Cheese w. Broccoli Cauliflower w. Carrots Mikan					Pork Kimchee (V) Stir Fried Tofu w. Kimchee White Rice Spinach & Bean Sprouts Namul Braised Eggplant w. Soy Chocolate Cake											
	EGG	DAIRY	WHEAT				WHEAT	SESAME			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY		
Calorie 614kcal Protein 16.1g					Calorie 690kcal Protein 30.8g					Calorie 856kcal Protein 35.4g					Calorie 848kcal Protein 50.9g					Calorie 878kcal Protein 28.0g											
29					30					31																					
(V) Japanese Vegetable Curry White Rice Spinach Gomaee Croquettes Sliced Pineapple					Salisbury Steak w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi Mashed Potatoes Carrot Coins Green Beans Mikan Jelly					Herb Roast Chicken (V) Savoury Lentils White Rice Green Peas Roasted Vegetables Sliced Fruits																					
		WHEAT	SESAME			SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY													
Calorie 857kcal Protein 14.7g					Calorie 694kcal Protein 27.6g					Calorie 704kcal Protein 42.6g																					



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 / High School Students.