

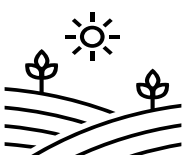















May 2023



Seisen International School

Monday						Tuesday						Wednesday						Thursday						Friday					
																		1						2					
																		Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Carrot Flowers Daily Salad Drink Chefs Cake Selection						Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Daily Salad Drink Sliced Melon					
																		EGG DAIRY WHEAT SESAME SOY						EGG DAIRY WHEAT SESAME					
																		Calorie : 815 kcal / Protein : 29.2 g						Calorie : 832 kcal / Protein : 33.7 g					
5						6						7						8						9					
Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Daily Salad Drink Ambrosia Fruits						Smoked Pork w. Citrus B.B.Q. (V) Grilled Vegetable & White Bean Casserole Herb Roasted Potatoes Carrots w. Brussel Sprouts Daily Salad Drink Sliced Pineapple						Pesto Chicken Pizza (V) Margherita Pizza w. Pesto Pepperoncini Pasta Roasted Peppers & Eggplant in Pesto Sauce Daily Salad Drink Orange Wedges						Spaghetti Bolognese (V) Zucchini Meatball Pasta Herb Rolls Ratatouille Daily Salad Drink Caramelized Pears						No Classes 					
DAIRY WHEAT SESAME						EGG DAIRY WHEAT SESAME SOY						EGG DAIRY WHEAT SESAME SOY						EGG DAIRY WHEAT SESAME SOY											
Calorie : 778 kcal / Protein : 39.2 g						Calorie : 814 kcal / Protein : 36.1 g						Calorie : 789 kcal / Protein : 32.5 g						Calorie : 842 kcal / Protein : 30.9 g											
12						13						14						15						16					
Summer School 						Summer School 						Summer School 						Summer School 						Summer School 					
19						20						21						22						23					
Summer School 						Summer School 						Summer School 						Summer School 						Summer School 					
26						27						28						29						30					
Summer School 						Summer School 						Summer School 						Summer School 						Summer School 					

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.