

Summer School June 2023



Seisen International School

Monday						Tuesday						Wednesday						Thursday						Friday					
																		1						2					
5						6						7						8						9					
12						13						14						15						16					
BBQ Chicken (V)Grilled Vegetables & Beans Casserole Herb Potatoes Roasted Corn Kernels Daily Salad Drink Pineapple						Coconut Pork Curry (V) Veggie Coconut Curry w. Garbanzo White Rice Chateau Carrots Daily Salad Drink Orange Wedges						Beef Bulgogi (V) Tofu & Mushroom Bulgogi White Rice Grilled Zucchini w. Lemon Daily Salad Drink Pear Crumble						Creamy Chicken Pasta (V) Creamy Mushroom Pasta Focaccia Spinach w. Garlic Daily Salad Drink Pannacotta						Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Snap Peas Daily Salad Drink Banana					
EGG		WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY		DAIRY	WHEAT				EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY
19						20						21						22						23					
Soboro Chicken (V) Soy Soboro White Rice Roasted Carrots w. Herbs Daily Salad Drink Apple Wedges						Spaghetti w. Meatballs (V) Eggplant & Mushroom Pasta Garlic Bread Green Peas Daily Salad Drink Mixed Fruits						Tandoori Chicken (V) Natural Lentils w. Vegetables White Rice Roasted Eggplant Daily Salad Drink Mango Mousse						Hayashi Beef (V) Hayashi Chickpeas White Rice Cauliflower w. Broccoli Daily Salad Drink Sliced Melon						Karaage Chicken (V) Tofu Karaage White Rice Snap Peas Daily Salad Drink Chocolate Cake					
EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY
26						27						28						29						30					
Stir Fry Chicken (V) Vegetables & Tofu Stir Fry White Rice Roasted Corn Daily Salad Drink Mixed Fruits						Tonkatsu w. Shredded Cabbage (V) Lemon Herb Tofu White Rice Edamame Gomae Daily Salad Drink Grape Jelly						Sweet & Sour Chicken (V) Grilled Vegetables w. Legumes White Rice Broccoli Daily Salad Drink Fresh Fruits						Lemon Butter Fish (V) Lemon Herb Tofu Mashed Potato Brussel Sprouts Daily Salad Drink Tropical Mousse						Yakiniku Chicken (V) Grilled Japanese Vegetables White Rice Spinach Ohitashi Daily Salad Drink Sponge Cake					
		WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY

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.