Decembe	er 2023 C	EZARS	Seisen Inter	national School
Monday	Tuesday	Wednesday	Thursday	Friday
				Ginger Beef (V) Ginger Minced Tofu Yakisoba Green Beans Mixed Green Salad Drink Fresh Mikan WHEAT SESAME SOY
				Calorie 776kcal Protein 32.2g
Karaage Chicken (V) Tofu Karaage White Rice Snow Peas w. Peppers Mixed Green Salad Drink Sponge Cake EGG DAIRY WHEAT SESAME SOY	Teriyaki Glazed Fish (V) Crispy Glazed Aburaage w. Vegetables White Rice Carrots Mixed Green Salad Drink Cinnamon Baked Apple Wedges	Scalloped Chicken Breast in Mushroom Sauce (V) Roasted Chickpeas w. Kale Buttered Pasta Broccoli Mixed Green Salad Drink Caramelized Pears EGG DAIRY WHEAT	Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Tomato & Pickle Drink Orange Wedges EGG DAIRY WHEAT SESAME	Meat Lovers Pizza (V) Margherita Pizza Winter Skillet Vegetable Pasta Buttered Corn Mixed Green Salad Drink Fresh Melon w. Grapes
Calorie 855kcal Protein 42.1g	Calorie 662kcal Protein 30.9g	Calorie 819kcal Protein 38.4g	Calorie 800kcal Protein 35.7g	Calorie 902kcal Protein 29.9g
Japanese Pork Curry (V) Vegetable Tofu Curry White Rice Green Peas w. Carrots Mixed Green Salad Drink Fresh Fruit EGG DAIRY WHEAT SOY Calorie 787kcal Protein 28.5g	Oven Baked Herb Chicken (V) Mixed Beans & Vegetable Stew Baby Potatoes Buttered Corn Mixed Green Salad Drink Mikan w. Mango DAIRY WHEAT SOY Calorie 727kcal Protein 38.9g	Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Snap Peas w. Fukujinzuke Mixed Green Salad Drink Fruit Crumble DAIRY WHEAT SESAME SOY Calorie 944kcal Protein 25.1g	Roasted Chicken w. White Gravy (V) Vegetarian Loaf w. Vegetable Demi Rosemary Potatoes Roasted Winter Vegetables Mixed Green Salad Drink Cezars Chocolate Cake EGG DAIRY WHEAT Calorie 815kcal Protein 43.98	No Lunch
18				1 22
No School	No School	No School	No School	No School
25	5	5	7 28	3 29
No School	No School	No School	No School	No School

Cezars Kitchen menu does not contain nuts

Menu may change depending on ingredient availability