

April 2024

CEZARS™ KITCHEN

Seisen International Schools

Monday					Tuesday					Wednesday					Thursday					Friday							
1					2					3					International Carrot Day 4					5							
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese w. Mini Rice Buttered Corn w. Green Beans Mixed Green Salad Drink Pear & Peach Crumble					Cajun Whitefish w. Vegetable Salsa (V) Mediterranean Chickpea Stew White Rice Green Beans w. Carrot Mixed Green Salad Drink Sliced Pineapple					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Seared Peppers w. Mushrooms Burger Salad - Lettuce, Tomato Drink Orange Wedges					Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes & Tsukemono Mixed Green Salad Drink Carrot Cake					Spaghetti w. Meatballs (V) Zucchini Meatball Pasta Herb Focaccia Broccoli w. Carrot Mixed Green Salad Drink Fresh Fruits							
DAIRY	WHEAT				EGG	DAIRY	WHEAT		FISH	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			
Calorie 932kcal Protein 40.5g					Calorie 683kcal Protein 31.0g					Calorie 790kcal Protein 31.5g					Calorie 954kcal Protein 29.9g					Calorie 826kcal Protein 34.0g							
8					9					10					11					12							
Yakiniku Chicken (V) Grilled Japanese Vegetables w. Tofu White Rice Spring Roll w. Dipping Sauce (V) Vegetable Tempura Mix Green Salad Drink Mikan					Beef Spaghetti Ragù (V) Spaghetti w. Chick Peas in Pomodoro Bread Rolls Green Beans w. Peppers Mixed Green Salad Drink Sliced Melon w. Grapes					Thai Basil Chicken (V) Thai Vegetable Curry White Rice Eggplant w. Spinach Mixed Green Salad Drink Mango Drop Cake					Char Siu (V) Sesame Vegetable Noodles w. Tofu White Rice Snap Peas w. Carrot Flowers Mix Green Salad Drink Coconut Tapioca w. Fruits					Penne Pasta w. Chicken Pesto (V) Penne Pasta w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans w. Eggplant Mix Green Salad Drink Panna Cotta (V) Fresh Fruits							
	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY			WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT			SOY
Calorie 799kcal Protein 35.3g					Calorie 887kcal Protein 34.9g					Calorie 814kcal Protein 45.1g					Calorie 852kcal Protein 24.4g					Calorie 847kcal Protein 36.2g							
15					16					17					18					19							
Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Sesame Noodles Stir Fry Vegetables Drink Sliced Pineapple					Salisbury Steak w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi White Rice Spring Roasted Vegetables w. Brussel Sprouts Mix Green Salad Drink Peaches w. Raspberry Sauce					Thai Marinated Fish Fillet (V) Vegetarian Pad Thai White Rice Grilled Bok Choy w. Bamboo Strips Mixed Green Salad Drink Coconut Cake					Sweet & Sour Chicken (V) Stir Fry Tofu White Rice Soy Glazed Eggplant w. Okra Ohitashi Mix Green Salad Drink Pineapple w. Mikan					Meat Lover's Pizza (V) Margherita Pizza Spinach Pesto Pasta Roasted Eggplant w. Cauliflower Mixed Green Salad Drink Mixed Fruits							
		WHEAT	SESAME	SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY			WHEAT	SESAME	FISH	SOY		DAIRY	WHEAT			
Calorie 852kcal Protein 36.7g					Calorie 906kcal Protein 27.7g					Calorie 893kcal Protein 30.6g					Calorie 783kcal Protein 39.5g					Calorie 786kcal Protein 28.7g							
22					23					24					25					Superhero Day Special 26							
Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Carrots Mixed Green Salad Drink Fruit Yogurt w. Oats					Smoked Roasted Pork w. Chutney (V) Grilled Vegetable & White Bean Casserole White Rice Mixed Roasted Vegetable Mix Green Salad Drink Pineapple w. Mikan					Tandoori Chicken (V) Vegetable Makhani w. Tofu White Rice Kheema Chick Pea Curry Salted Cucumber w. Coriander & Lemon Drink Mango w. Tapioca					Seafood Tacos (V) Vegetable Bean Tacos Flour Tortilla Corn Salsa Mixed Green Salad Drink Fruits Jelly					Hulks Favourite Burger (V) Phoenix Golden Vegetable Burger Ironman Loved Potato Wedges Wonder Woman Sautéed Mushrooms Captain America Burger Salad Drink Marvel Marble Cake							
	DAIRY	WHEAT			EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY			WHEAT		FISH	SOY	EGG	DAIRY	WHEAT	SESAME		SOY	
Calorie 821kcal Protein 42.3g					Calorie 847kcal Protein 30.4g					Calorie 803kcal Protein 43.3g					Calorie 687kcal Protein 29.4g					Calorie 923kcal Protein 33.4g							
29					30																						
Pasta all' Amatriciana (V) Pasta w. Eggplant Arrabbiata Focaccia Grilled Zucchini Garbanzos w. Pesto Mixed Green Salad Drink Mixed Fruits					Chicken Nachos (V) Vegetable Bean Fajitas White Rice Roasted Corn w. Salsa Mix Green Salad Drink Caramel Custard																						
EGG	DAIRY	WHEAT			EGG	DAIRY	WHEAT		FISH	SOY																	
Calorie 801kcal Protein 27.4g					Calorie 792kcal Protein 29.1g																						

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.