

May 2024



Seisen International School

Monday					Tuesday					Wednesday					Thursday					Friday				
										1					2					3				
										BBQ Roasted Pork (V) Grilled Vegetable & White Bean Casserole White Rice Gratin Potatoes Mix Green Salad Drink Fruits Jelly					Cajun Chickien Pasta (V) Louisiana Skillet Vegetable Pasta Vienna Rolls Spring Harvest Vegetables Mix Green Salad Drink Panna Cotta (V) Fruits					No School National Holiday				
										DAIRY WHEAT SOY					EGG DAIRY WHEAT									
										Calorie 842kcal Protein 35.7g					Calorie 877kcal Protein 54.4g									
6					7					8					9					10				
Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Snap Peas w. Fukujinzuke Mix Green Salad Drink Sliced Pineapple					Thai Basil Chicken (V) Thai Vegetable Curry White Rice Sauteed Broccoli Mix Green Salad Drink Carrot Cake					Whitefish w. Tomato Salsa Mediterranean Chickpea Stew White Rice Oven Roasted Vegetables Mix Green Salad Drink Jelly (V) Fresh Fruits					Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Roasted Carrots Mix Green Salad Drink Fruits & Oat Crumble					Meat Lover's Pizza (V) Margherita Pizza Napolitan Pasta Cauliflower w. Garlic Oil Mix Green Salad Drink Mixed Fruits				
DAIRY WHEAT SOY					EGG DAIRY WHEAT FISH SOY					DAIRY FISH					DAIRY WHEAT SOY					EGG DAIRY WHEAT				
Calorie 871kcal Protein 30.0g					Calorie 859kcal Protein 47.5g					Calorie 710kcal Protein 29.8g					Calorie 873kcal Protein 41.6g					Calorie 733kcal Protein 37.0g				
13					14					15					16					17				
Chicken Hamburg w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi White Rice Green Peas w. Carrots Mix Green Salad Drink Caramelized Pears					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Stir Fry Vegetables Mix Green Salad Drink Fruits w. Tapioca					Penne Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sauteed Broccoli w. Carrot Flowers Mixed Green Salad Drink Sliced Melon					Stir Fried Pork (V) Simmered Tofu w. Vegetables White Rice Okra Ohitashi w. Pickled Ginger Mixed Green Salad Drink Orange Wedges					Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Turmeric Cauliflower Mixed Green Salad Drink Mixed Fruits				
EGG DAIRY WHEAT SOY					WHEAT SESAME FISH SOY					EGG DAIRY WHEAT					WHEAT SESAME FISH SOY					EGG DAIRY WHEAT SOY				
Calorie 755kcal Protein 22.7g					Calorie 866kcal Protein 34.6g					Calorie 859kcal Protein 32.4g					Calorie 871kcal Protein 24.6g					Calorie 880kcal Protein 45.1g				
20					21					22					23					24				
Chicken Fajitas (V) Vegetable Bean Fajitas Flour Tortilla w. Half Rice Roasted Corn w. Tomato Salsa Mixed Green Salad Drink Fresh Bananas					Shogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Steamed Broccoli w. Carrot Coin Mixed Green Salad Drink Orange Wedges					Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Mixed Green Salad Drink Fresh Fruits					Fish Sticks w. Tartar Sauce (V) Tofu Fingers w. Honey Soy Sauce White Rice Ratatouille Mixed Green Salad Drink Chocolate Cake					Roasted Rosemary Chicken w. Gravy (V) Vegetarian Loaf w. Vegetable Demi White Rice Baked Potatoes w. Vegetables Mixed Green Salad Drink Panna Cotta (V) Fresh Fruits				
EGG DAIRY WHEAT SOY					Fish WHEAT SESAME SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT FISH SOY					DAIRY WHEAT FISH				
Calorie 836kcal Protein 47.7g					Calorie 825kcal Protein 37.6g					Calorie 882kcal Protein 36.1g					Calorie 960kcal Protein 33.1g					Calorie 878kcal Protein 43.6g				
27					28					29					30					31				
Spaghetti w. Meatballs (V) Zucchini Meatball Pasta Bread Rolls Broccoli w. Carrot Mixed Green Salad Drink Fresh Fruits					Soboro Chicken (V) Simmered Atsuage & Komatsuna White Rice Green Peas w. Japanese Egg Scramble Mix Green Salad Drink Apple Wedges					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Burger Salad - Lettuce, Tomato Mix Green Salad Drink Caramelized Pears					Pastrami Seasoned Chicken (V) Pastrami Seasoned Vegetables White Rice Parsley Boiled Potatoes w. Broccoli Mix Green Salad Drink Bread Pudding					Cajun Whitefish w. Tomato Creamy Salsa (V) Mediterranean Chickpea Stew White Rice Green Beans w. Carrot Mixed Green Salad Drink Oatmeal & Raisin Cookie				
EGG DAIRY WHEAT SOY					EGG WHEAT FISH SOY					EGG DAIRY WHEAT SESAME SOY					EGG DAIRY WHEAT					DAIRY WHEAT FISH				
Calorie 773kcal Protein 33.1g					Calorie 877kcal Protein 35.8g					Calorie 894kcal Protein 32.6g					Calorie 835kcal Protein 42.3g					Calorie 794kcal Protein 32.8g				

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.