

June 2024



International School of the Sacred Heart

Monday					Tuesday					Wednesday					Thursday					Friday								
3					4					5					6					7								
(V) Vegetarian Harusame w. Aburaage White Rice Snap Peas Daikon Nimono Mix Fruits					Pork Bulgogi (V) Bibimbap Vegetables w. Tofu White Rice Asparagus Vegetable Namuru Peach Jelly					Herb Roast Chicken (V) Grilled Vegetable & White Bean Casserole White Rice Broccoli Buttered Corn Sponge Cake					Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Peppers & Zucchini Sliced Melon					Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Kinpira Gobo Japanese Pickles Banana								
EGG	DAIRY	WHEAT		SOY		DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT					DAIRY	WHEAT	SESAME		SOY	
Calorie 601kcal Protein 14.8g					Calorie 775kcal Protein 26.5g					Calorie 813kcal Protein 42.3g					Calorie 820kcal Protein 33.4g					Calorie 864kcal Protein 33.7g								
10					11					12					13					14								
(V)Vegetable Mushroom Stew White Rice Fresh Herb Butter Green Beans Roasted Carrots Pineapple					Fish Fingers (V) Chick Pea Fingers White Rice Steamed Carrots Cucumbers w. Tomatoes Fruits Crumble					Butter Chicken (V) Vegetable Makahani White Rice Spring Roll w. Dipping Sauce Garlic Spinach Mango Yogurt					School Holiday					School Holiday								
	DAIRY	WHEAT		SOY		DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT		FISH	SOY												
Calorie 690kcal Protein 16.5g					Calorie 977kcal Protein 31.4g					Calorie 746kcal Protein 32.8g																		
17					18					19					20					21								
School Holiday					School Holiday					School Holiday					School Holiday					School Holiday								
24					25					26					27					28								
School Holiday					School Holiday					School Holiday					School Holiday					School Holiday								

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.