

September 2024



International School of the Sacred Heart

Monday					Tuesday					Wednesday					Thursday					Friday								
2					3					4					5					6								
(V) Vegetarian Curry w. Soy Meat White Rice Japanese Pickles Grilled Eggplant Fresh Melon					Roasted Chicken w. Leek & White Wine Sauce (V) Vegetable Stew w. Beans White Rice Carrot Coins Steamed Cauliflower Lemon Cake					Baked Whitefish in a Citrus Sauce (V) Crispy Tofu in Citrus Sauce White Rice Japanese Potato Salad Sauteed Broccoli Chocolate Cake					Chicken Taco Rice w. Tortilla (V) Vegetable Bean Taco Rice w. Tortilla White Rice Mix Peppers w. Onion Sweet Corn w. Green Peas Caramel Flan					Hayashi Beef (V) Vegetable & Tofu Curry White Rice Croquettes Green Beans Mix Fruits								
DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			EGG	DAIRY	WHEAT		FISH	SOY			WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY	
Calorie 822kcal Protein 26.1g					Calorie 779kcal Protein 42.2g					Calorie 874kcal Protein 25.7g					Calorie 864kcal Protein 40.6g					Calorie 888kcal Protein 28.8g								
9					10					11					12					13								
(V) Vegetable Stew w. Beans White Rice Green Peas w. Carrots Grilled Cauliflower Watermelon					Creamy Pasta w. Bacon (V) Pasta w. Creamy Vegetable Sauce Focaccia Pan Seared Garbanzo w. Pesto & Mixed Peppers Steamed Broccoli Mixed Fruits					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Sesame Noodles Stir Fry Vegetables Berry Yogurt					Beef Lasagna (V) Vegetable Lasagna Garlic Bread Green Beans Grilled Peppers Fruit Crumble					Tandoori Chicken (V) Falafel w. Tzatziki Sauce White Rice Roast Curried Pumpkin Spinach w. Lemon Zest Jelly								
DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT				DAIRY				FISH	SOY	
Calorie 655kcal Protein 17.9g					Calorie 857kcal Protein 26.8g					Calorie 833kcal Protein 34.3g					Calorie 867kcal Protein 34.0g					Calorie 760kcal Protein 57.1g								
16					17					18					19					20								
No School					Beef Bulgogi (V) Tofu & Shimeji Bulgogi White Rice Spring Rolls w. Dipping Sauce (V) Namuru Beansprouts Steamed Eggplant w. Soy Banana					Karaage Chicken (V) Tofu Karaage White Rice Komatsuna Ohitashi Kimpira Gobo Carrot Cake					Frutti Di Mare Pasta (V) Spaghetti w. Asparagus & Beans Herb Rolls Grilled Zucchini Mix Peppers Caramel Cake					Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Vegetable Makhani Turmeric Cauliflower Mango Yogurt								
						DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT		FISH			DAIRY	WHEAT			SOY
					Calorie 710kcal Protein 33.1g					Calorie 835kcal Protein 39.4g					Calorie 823kcal Protein 25.2g					Calorie 899kcal Protein 35.0g								
23					24					25					26					27								
(V) Vegetarian Harusame w. Aburaage White Rice Snap Peas Daikon Nimono Brownie					Baked Fish w. Lemon Sauce (V) Vegetable Sesame Noodles w. Tofu White Rice Sauteed Mushrooms w. Onion Grilled Cauliflower Jelly					Shogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Stewed Japanese Vegetables Sauteed Cabbage Sliced Oranges w. Honey & Lemon					Mandarin Chicken (V) Sweet & Sour Tofu White Rice Stir Fry Broccoli w. Peppers Snow Peas Fruit Ambrosia					Spaghetti Beef Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Fresh Baked Bread Roasted Pumpkin Zucchini w. Eggplant Fresh Melon								
EGG	DAIRY	WHEAT	SESAME		SOY		DAIRY	WHEAT	SESAME	FISH	SOY	EGG		WHEAT		SOY		DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY
Calorie 763kcal Protein 16.5g					Calorie 647kcal Protein 23.1g					Calorie 817kcal Protein 27.5g					Calorie 844kcal Protein 34.6g					Calorie 817kcal Protein 33.3g								
30																												
(V) Margherita Pizza Spaghetti Pepperoncino Broccoli Green Beans Banana																												
	DAIRY	WHEAT		FISH																								
Calorie 780kcal Protein 24.5g																												

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.