

August 2024



International School of the Sacred Heart

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			School Holiday	School Holiday
5	6	7	8	9
School Holiday	School Holiday	School Holiday	School Holiday	School Holiday
12	13	14	15	16
School Holiday	School Holiday	School Holiday	School Holiday	School Holiday
19	20	21	22	23
School Holiday	Beef Stroganoff (V) Mushroom & Vegetable Stroganoff Parsley Buttered Noodles Sweet Corn Roasted Carrots Fruit Salad	Chicken Karaage (V) Tofu Karaage White Rice Sauteed Cabbage Spinach Ohitashi Watermelon	Cezars Roast Pork w. Gravy (V) Vegetarian Loaf w. Vegetable Demi Mashed Potato Roasted Carrots Green Peas Vanilla Cake	Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce / (V) Sauteed Vegetable Kimpira Gobo Mango Yoghurt
	DAIRY WHEAT	DAIRY WHEAT SOY	EGG DAIRY WHEAT	EGG DAIRY WHEAT SESAME SOY
	Calorie 775kcal Protein 24.9g	Calorie 686kcal Protein 36.7g	Calorie 792kcal Protein 39.6g	Calorie 829kcal Protein 34.1g
26	27	28	29	30
(V) Margherita Pizza Spaghetti Pepperoncino Broccoli Green Beans Banana	Stir Fry Pork w. Peppers (V) Vegetable & Tofu Stir Fry White Rice Sesame Noodles Roast Corn Grape Jelly	Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Cauliflower Fruit Crumble	Fish Fingers w. Tartar Sauce (V) Chick Pea Fingers White Rice Potato Salad Green Peas w. Corn Pineapple	Miso Chicken (V) Vegetarian Harusame White Rice Broccoli Gomae Vegetable Namuru (Spinach, Carrot, Moyashi) Shiratama Dango w. Mikan
DAIRY WHEAT	EGG DAIRY WHEAT SESAME SOY	DAIRY WHEAT SOY	EGG DAIRY WHEAT FISH SOY	DAIRY WHEAT SESAME SOY
Calorie 780kcal Protein 24.5g	Calorie 809kcal Protein 24.5g	Calorie 967kcal Protein 34.9g	Calorie 831kcal Protein 30.6g	Calorie 767kcal Protein 40.9g

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.