

August 2024



Seisen International School

Monday				Tuesday				Wednesday				Thursday				Friday			
												1				2			
												Summer Holiday				Summer Holiday			
5				6				7				8				9			
Summer Holiday				Summer Holiday				Summer Holiday				Summer Holiday				Summer Holiday			
12				13				14				15				16			
Summer Holiday				Summer Holiday				Chicken Lasagna (V) Mushroom Lasagna Garlic Focaccia Steamed Broccoli Mixed Salad Drink Fruit Jelly				Pork Katsu Curry (V) Soy Meat Curry White Rice Stewed Carrot Mixed Salad / Fukujinzuke Drink Fruit Yogurt				Chicken Yakisoba (V) Vegetable Yakisoba Yakisoba Noodles Stir-Fried Vegetables Mixed Salad Drink Chocolate Cake			
								EGG DAIRY WHEAT				DAIRY WHEAT				SOY			
								Calorie 775kcal Protein 34.8g				Calorie 893kcal Protein 29.7g				Calorie 855kcal Protein 33.6g			
19				20				21				22				23			
Pork Shogayaki (V) Stir Fry Tofu w. Ginger White Rice Steamed Cabbage Mixed Salad Drink Orange Wedges				Tandoori Chicken (V) Tandoori Tofu White Rice Steamed Broccoli Mixed Salad Drink Fruit Jelly				Spaghetti Bolognese (V) Spaghetti Pomodoro Focaccia Ratatouille Mixed salad Drink Carrot Cake				Fish Sticks w. Tartar Sauce (V) Tofu Fingers w. Honey Soy Sauce White Rice Steamed Cauliflower Mixed Salad Drink Fruit Yogurt				Herb Roasted Chicken (V) Grilled Mushrooms in Soy Sauce White Rice Roasted Potatoes Mixed Salad Drink Banana Crumble			
WHEAT				DAIRY				EGG DAIRY WHEAT				EGGS DAIRY WHEAT				DAIRY WHEAT			
Calorie 814kcal Protein 34.6g				Calorie 845kcal Protein 45.2g				Calorie 946kcal Protein 34.1g				Calorie 898kcal Protein 37.7g				Calorie 889kcal Protein 40.7g			
26				27				28				29				30			
Napolitan Pasta w. Pepperoni (V) Vegetarian Napolitan Pasta Garlic Cheese Bread Broccoli w. Garlic Olive Oil Mixed Salad Drink Orange Wedges				Chicken Adobo (V) Mapo Tofu White Rice Vegetable Harusame Mixed Salad Drink Cathedral Window Jelly				Pork Stir Fry (V) Tofu Stir Fry w. Vegetable White Rice Green Peas Puree Mixed Salad Drink Fruit Salad				Butter Chicken Curry (V) Tomato Chick Pea Curry White Rice Zucchini Tempura Mixed Salad Drink Mango Lassi				Hamburger w. Steak Sauce (V) Vege Burger White Rice Roasted Potatoes , Carrots , Mushroom Mixed Salad Drink Italian Pudding			
DAIRY WHEAT				DAIRY WHEAT				DAIRY WHEAT				EGG DAIRY WHEAT				EGG DAIRY WHEAT			
Calorie 846kcal Protein 29.6g				Calorie 1003kcal Protein 46.4g				Calorie 786kcal Protein 30.9g				Calorie 908kcal Protein 42.5g				Calorie 850kcal Protein 34.3g			

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.