

September 2024



Seisen International School

Monday					Tuesday					Wednesday					Thursday					Friday							
2					3					4					5					6							
Pasta Bolognese (V) Penne w. Pomodoro Cheese Focaccia Ratatouille Salad Drink Banana					Chicken Teriyaki (V) Tofu Teriyaki White Rice Edamame Salad Drink Fruit Jelly					Cassoulet (Pork) (V) Vegetable Cassoulet White Rice Spinach & Okara Salad Drink Orange Wedges					Nikujaga (Beef) (V) Vegetable Nikujaga White Rice Steamed Cauliflower Salad Drink Peach in Syrup w. Cream					Pork Yakisoba (V) Vegetable Yakisoba Chahan (Fried Rice) Fried Carrots, Broccoli, Cauliflower Salad Drink Chocolate Cake							
DAIRY	WHEAT			SOY	WHEAT				SOY	WHEAT				SOY	DAIRY				SOY	EGG	DAIRY	WHEAT			SOY		
Calorie	849kcal	Protein	32.0g		Calorie	790kcal	Protein	34.7g		Calorie	703kcal	Protein	23.7g		Calorie	905kcal	Protein	27.2g		Calorie	867kcal	Protein	33.5g				
9					10					11					12					13							
Taco Rice (V) Vegetable Taco Rice (Soy Meat) White Rice Steamed Broccoli Salad Drink Greek Yogurt w. Red Fruits					Macaroni Gratin w. Shrimp (V) Pesto Pasta & Confit Tomatoes Steamed Potatoes Steamed Carrot, Corn & Peas Salad Drink Sweet White Rice w. Lemon Grass					Chicken Stew w. Okra (V) Vegetable & Tofu Stir-fry White Rice Roasted Pumpkin Salad Drink Passion Fruit Panna Cotta					Beef Curry (V) Soy Meat Curry White Rice Roast Vegetables Salad Drink Apple Wedges					Chicken Lasagna (V) Mushroom Lasagna White Rice Steamed Broccoli Salad Drink Fruit Jelly							
EGG	DAIRY	WHEAT		SOY	DAIRY	WHEAT	SHRIMP		SOY	DAIRY				SOY	WHEAT				SOY	EGG	DAIRY	WHEAT			SOY		
Calorie	887kcal	Protein	35.1g		Calorie	891kcal	Protein	25.5g		Calorie	937kcal	Protein	38.1g		Calorie	870kcal	Protein	26.4g		Calorie	941kcal	Protein	35.9g				
16					17					18					19					20							
No School					Stuffed Cabbage (Beef & Pork) (V) Vegetable Stuffed Cabbage Mashed Potatoes Roasted Corn Salad Drink Orange Wedges					Chicken Karaage (V) Vegetable Croquette White Rice Sliced Cabbage Salad Drink Carrot Cake					Pork Stew (V) Mushroom Ragù w. Mashed Potatoes White Rice Steamed Carrots Salad Drink Brazilian Pudding					Chicken Yakisoba (V) Vegetable Yakisoba Chahan (Fried Rice) Fried Carrots, Broccoli, Cauliflower Salad Drink Coconut Tapioca							
					DAIRY				SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT			SOY		
					Calorie	814kcal	Protein	23.4g		Calorie	806kcal	Protein	40.8g		Calorie	902kcal	Protein	32.5g		Calorie	875kcal	Protein	30.4g				
23					24					25					26					27							
Shogayaki (Pork) (V) Fried Tofu in Ginger Sauce White Rice Cabbage Stew Salad Drink Fruit Jelly					Beef Stroganoff (V) Mushroom Stroganoff French Fries Steamed Broccoli Salad Drink Chiffon Cake					Stuffed Pepper (Pork & Beef) w. Barbecue Sauce (V) Vegetable Stuffed Pepper White Rice Roasted Peppers Salad Drink Yoghurt w. Oats					Tempura Fish (V) Kakiage Vegetable Tempura White Rice Steamed Pumpkin Salad Drink Fresh Pineapple					No School							
		WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	DAIRY				SOY	EGG		WHEAT		FISH	SOY							
		Calorie	838kcal	Protein	36.1g					Calorie	904kcal	Protein	25.0g		Calorie	800kcal	Protein	27.7g		Calorie	872kcal	Protein	30.7g				
30																											
Meatballs Spaghetti (Beef) (V) Spaghetti Pomodoro Garlic Bread Steamed Broccoli Salad Drink Fruit Jelly																											
		DAIRY	WHEAT																								
		Calorie	805kcal	Protein	34.1g																						

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.