

October 2024

CEZARSTM

KITCHEN

Seisen International School

Monday					Tuesday					Wednesday					Thursday					Friday				
					1					2					3					4				
					Tandoori Chicken (V) Tandoori Tofu Rice Steamed Broccoli Mixed Salad Drink Fruit Yogurt					Roasted Pork (V) Vegetable Croquettes Rice Baked Sweet Potato Mixed Salad Drink Orange Wedges					Beef Curry (V) Tofu Curry Rice Steamed Spinach Mixed Salad Drink Carrot Cake					Herb Roast Chicken (V) Stuffed Cabbage Roll w. Shitake Mushroom Rice Roast Potatoes Mixed Salad Drink Banana Crumble				
					DAIRY SOY					DAIRY WHEAT					EGG DAIRY WHEAT SOY					DAIRY WHEAT				
					Calorie 710kcal Protein 41.5g					Calorie 853kcal Protein 27.4g					Calorie 917kcal Protein 25.8g					Calorie 889kcal Protein 40.7g				
7					8					9					10					11				
Penne Bolognese (Beef) (V) Penne Pomodoro Focaccia Steamed Broccoli Mixed Salad Drink Apple Wedges					Macaroni Gratin w. Shrimp (V) Macaroni Gratin w. Cheese Rice Roast Corn Mixed Salad Drink Passion Fruit Mousse					Mabo Tofu (Beef & Pork) (V) Mapo Tofu (Soy Meat) Rice Edamame Mixed Salad Drink Sweet Rice w. Lemon Grass					Roast Chicken (V) Falafel Rice Potato Salad Mixed Salad Drink Chocolate Cake					Pork Stir Fry (V) Tofu Stir Fry w. Vegetable Rice Roasted Pumpkin Mixed Salad Drink Fresh Fruits Salad				
DAIRY WHEAT					DAIRY WHEAT Shrimp					DAIRY WHEAT SESAME SOY					EGG DAIRY WHEAT SOY					DAIRY WHEAT SOY				
Calorie 788kcal Protein 32.1g					Calorie 825kcal Protein 23.2g					Calorie 845kcal Protein 29.5g					Calorie 962kcal Protein 38.0g					Calorie 761kcal Protein 19.1g				
14					15					16					17					18				
AUTUMN BREAK					AUTUMN BREAK					AUTUMN BREAK					AUTUMN BREAK					AUTUMN BREAK				
23					22					23					24					25				
AUTUMN BREAK					Butter Chicken Curry (V) Tomato Curry Rice Steamed Broccoli Mixed Salad Drink Mango Lassi					Beef Parmigiana (V) Eggplant Parmigiana Rice Roast Corn Mixed Salad Drink Yogurt Cake					Chicken Lasagna (V) Mushroom Lasagna Rice Steamed Broccoli Mixed Salad Drink Fruit Jelly					Sukiyaki (Beef) (V) Veg Sukiyaki Rice Harusame Mixed Salad Drink Coconut Tapioca				
					DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT					DAIRY WHEAT SOY				
					Calorie 841kcal Protein 43.1g					Calorie 951kcal Protein 41.5g					Calorie 863kcal Protein 34.7g					Calorie 978kcal Protein 33.9g				
28					29					30					31									
Fish Katsu w. Tartar Sauce (V) Vegetable Croquettes Rice Steamed Broccoli Mixed Salad Drink Banana					Spaghetti Bolognese (Beef) (V) Spaghetti Pomodoro Garlic Bread Ratatouille Mixed Salad Drink Rainbow Jelly					Feijoada (Bean Stew w. Pork) (V) Feijoada (Bean Stew w. Vegetables) Rice Couscous Omelette Mixed Salad Drink Orange Wedges					Hamburg Steak w. Demi Glace Sauce (V) Veg Soy Meat Steak w. Shitake Sauce Rice Roast Potato Mixed Salad Drink Condensed Milk Pudding									
EGG DAIRY WHEAT SOY					DAIRY WHEAT					EGG					EGG DAIRY SOY									
Calorie 799kcal Protein 35.5g					Calorie 864kcal Protein 31.2g					Calorie 836kcal Protein 32.5g					Calorie 874kcal Protein 35.5g									

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.