

November 2024



Seisen International School

Monday					Tuesday					Wednesday					Thursday					Friday				
																				1				
																				Chicken Yakisoba (V) Vegetable Yakisoba White Rice Grilled Vegetables Mixed Salad Drink Chocolate Cake				
																				EGG DAIRY WHEAT SOY				
					Calorie 858kcal Protein 32.3g																			
4					5					6					7					8				
No School					Teriyaki Chicken (V) Teriyaki Tofu White Rice Edamame Mixed Salad Drink Oatmeal Cookies					Penne Bolognese (V) Penne Pomodoro Focaccia Steamed Broccoli Mixed Salad Drink Carrot Cake					Pork Katsu Curry (V) Tofu Curry White Rice Roasted Corn Mixed Salad Drink Orange Wedges					Herb Roast Chicken (V) Falafel White Rice Roasted Potatoes Mixed Salad Drink Caramelized Banana w. Cream				
					DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					EGG WHEAT SOY					EGG DAIRY WHEAT SOY				
					Calorie 840kcal Protein 33.6g					Calorie 899kcal Protein 34.6g					Calorie 862kcal Protein 29.1g					Calorie 845kcal Protein 40.4g				
11					12					13					14					15				
Fish Katsu w. Tartar Sauce (V) Vegetable Croquettes White Rice Steamed Broccoli Mixed Salad Drink Orange Wedges					Milanese Chicken (V) Chickpeas in Tomato Sauce Mashed Potatoes Roasted Vegetables (Zucchini, Carrots, Cauliflower) Mixed Salad Drink Rice Pudding w. Cinnamon					Braised Pork w. Onion (V) Tofu Meatballs White Rice Roasted Corn in Butter Mixed Salad Drink Yogurt Cake					Chicken Pasta (V) Mushroom Pasta Bake Garlic Bread Steamed Broccoli Mixed Salad Drink Apple Wedges					Hamburg Steak w. Demi Glace Sauce (V) Veg Soy Meat Steak w. Shitake Sauce White Rice Roasted Potato Mixed Salad Drink Condensed Milk Pudding				
EGG WHEAT FISH SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					DAIRY WHEAT FISH					EGG DAIRY WHEAT SOY				
Calorie 854kcal Protein 35.7g					Calorie 846kcal Protein 34.2g					Calorie 895kcal Protein 30.1g					Calorie 811kcal Protein 41.3g					Calorie 850kcal Protein 31.6g				
18					19					20					21					22				
Butter Chicken Curry (V) Tomato Curry White Rice Steamed Vegetables (Corn, Carrots, Peas) Mixed Salad Drink Mango Lassi					Napolitan Pasta w. Pork Sausage (V)Veg Napolitan Pasta Focaccia Steamed Broccoli Mixed Salad Drink Apple Wedges					Chicken Lasagna (V) Tomato Lasagna Rosemary Focaccia Steamed Cauliflower Mixed Salad Drink Fruit Jelly					Roast Pork (V) Tofu Stir Fry w. Vegetable White Rice Roasted Potato Mixed Salad Drink Corn Cake					Grilled Chicken Fillet (V) Cheese & Spinach Omelet White Rice Steamed Broccoli Mixed Salad Drink Banana				
DAIRY SOY					DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY				
Calorie 835kcal Protein 44.0g					Calorie 860kcal Protein 30.5g					Calorie 861kcal Protein 34.2g					Calorie 913kcal Protein 28.1g					Calorie 857kcal Protein 38.6g				
25					26					27					28					29				
Chicken Stroganoff (V) Tofu Stroganoff White Rice Roast Pumpkin Mixed Salad Drink Fresh Pineapple					Meatballs w. Tomato Sauce (V) Soy Meatballs w. Tomato Sauce White Rice Steamed Vegetables (Corn, Carrots, Peas) Mixed Salad Drink Fruit Jelly					Chicken Karaage (V) Tofu Karaage White Rice Braised Cabbage Mixed Salad Drink Orange Cake					Beef Curry (V) Tofu Curry White Rice Sauteed Spinach w. Garlic Mixed Salad Drink Custard Cream w. Red Fruit Sauce					Shogayaki Pork (V) Fried Tofu in Ginger Sauce White Rice Steamed Broccoli Mixed Salad Drink Orange Wedges				
DAIRY SOY					WHEAT SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					WHEAT SOY				
Calorie 893kcal Protein 32.4g					Calorie 894kcal Protein 34.4g					Calorie 855kcal Protein 42.6g					Calorie 844kcal Protein 29.1g					Calorie 824kcal Protein 39.3g				

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.