

December 2024



International School of the Sacred Heart

Monday					Tuesday					Wednesday					Thursday					Friday						
2					3					4					5					6						
(V) Pasta Pomodoro w. Legume Focaccia Asparagus w. Lemon Pepper Salad w. Dressing Banana					Teriyaki Roast Pork (V) Teriyaki Tofu w. Daikon White Rice Spring Rolls / (V) Croquettes Edamame Gomae Fruits Yogurt					Chicken Cacciatore (V) Bean & Mushroom Cacciatore Roasted Potatoes Pesto Cheese Eggplant Buttered Green Beans Brownie					Baked Fish w. Lemon Cream Sauce (V) Crispy Lemon Pepper Tofu White Rice Stewed Cabbage Green Peas Fresh Fruit w. Lime Zest					Chicken Karaage (V) Tofu Karaage White Rice Snap Peas Roasted Eggplant w. Zucchini Fresh Bananas						
EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		FISH	SOY		DAIRY	WHEAT		SOY
Calorie 818kcal Protein 25.0g					Calorie 894kcal Protein 36.4g					Calorie 849kcal Protein 32.6g					Calorie 709kcal Protein 24.7g					Calorie 765kcal Protein 37.8g						
9					10					11					HAPPY HOLIDAY MENU 12					13						
(V) Margherita Pizza Penne Primavera Mushrooms w. Peppers Fresh Herb Salad w. Dressing Mikan					Chicken Plicata w. Lemon & Capers (V) Cauliflower & White Bean Plicata Spaghetti Broccoli Roasted Vegetables Chocolate Cream Cake					Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Bread Steamed Cauliflower Steamed Green Beans Cookies					Roast Chicken w. White Gravy (V) Tofu Meuniere Mushed Potato Roasted Winter Vegetables Asparagus w. Lemon Peppers Fresh Melon					Shiogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Stewed Japanese Vegetables Sautéed Cabbage Sliced Oranges w. Honey & Lemon						
EGG	DAIRY	WHEAT	SESAME	SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG		WHEAT		SOY		
Calorie 865kcal Protein 24.0g					Calorie 926kcal Protein 44.8g					Calorie 857kcal Protein 35.8g					Calorie 867kcal Protein 50.3g					Calorie 817kcal Protein 27.5g						
16					17					18					19					20						
Winter Vacation					Winter Vacation					Winter Vacation					Winter Vacation					Winter Vacation						
23					24					25					26					27						
Winter Vacation					Winter Vacation					Winter Vacation					Winter Vacation					Winter Vacation						
30					31																					
Winter Vacation					Winter Vacation																					

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.