

# January 2025



## International School of the Sacred Heart

Monday					Tuesday					Wednesday					Thursday					Friday				
School Closed Winter Holidays					School Closed Winter Holidays					School Closed Winter Holidays					School Closed Winter Holidays					School Closed Winter Holidays				
6					7					8					9					10				
School Closed Winter Holidays					Pasta alla' Amatriciana (V) Pasta w. Eggplant Arrabiata Focaccia Pan Seared White Beans w. Pesto Steamed Broccoli Carrot Cake					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce / (V) Croquettes Stir Fried Vegetables Mitarashi Dango					Pork Tonkatsu (V) Tofu Katsu White Rice Sauteed White Cabbage Grilled Peppers Chocolate Mousse					Miso Chicken (V) Miso Tofu White Rice Sweet Corn Vegetable Namul (Carrot, Spinach, Bean Sprout) Fruit Jelly				
					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SESAME SOY					EGG DAIRY WHEAT SOY					DAIRY SOY				
Calorie 867kcal Protein 28.6g					Calorie 832kcal Protein 32.8g					Calorie 926kcal Protein 31.9g					Calorie 888kcal Protein 32.8g									
13					14					15					16					17				
(V) Margherita Pizza Pasta Pepperoncino Sweet Corn Salad Mix Fruits					Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole White Rice Carrot Coins Buttered Corn Berry Yoghurt					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Mixed Mushrooms w. Onion Burger Salad - Lettuce, Cucumber, Tomato Orange Wedges					Fish Fingers w. Tartar Sauce (V) Chick Pea Fingers White Rice Sauteed Spinach Buttered Green Peas Fruit Cobbler					Cezars Roast Pork w. Gravy (V) Tofu Hamburg Baked Potato Sauteed Onions & Cauliflower Steamed Broccoli Chocolate Cake				
DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT FISH					DAIRY WHEAT SOY				
Calorie 855kcal Protein 22.3g					Calorie 892kcal Protein 38.1g					Calorie 852kcal Protein 28.8g					Calorie 916kcal Protein 32.2g					Calorie 745kcal Protein 31.2g				
20					21					22					23					24				
No School					Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Sauteed Cabbage Sesame Green Beans Fruit Jelly					Frutti Di Mare Pasta (V) Pasta w. Asparagus & Chick Peas Herb Bread Grilled Zucchini Sauteed Mushrooms w. Onion Orange Cake					Karaage Chicken (V) Tofu Karaage White Rice Edamame Kimpira Gobo Fruit Jelly					Hayashi Beef (V) Crispy Tofu w. Hayashi Sauce White Rice Oden Style Vegetables Snap Peas Pineapple				
					WHEAT SESAME SOY					EGG DAIRY WHEAT FISH					EGG DAIRY WHEAT SESAME SOY					DAIRY WHEAT SOY				
Calorie 838kcal Protein 34.4g					Calorie 823kcal Protein 25.2g					Calorie 836kcal Protein 42.0g					Calorie 826kcal Protein 29.0g									
27					28					LUNAR NEW YEAR 29					30					31				
(V) Spaghetti Pomodoro w. Soy Meat Fresh Baked Bread Roasted Asparagus Parmesan Sauteed Carrots Banana					Seafood Thai Curry (V) Vegetarian Thai Curry White Rice Garlic Spinach Mix Peppers Mix Fruits w. Tapioca					Crispy Sweet & Sour Chicken (V) Sweet & Sour Tofu White Rice Spring Rolls / (V) Nama Harumaki Wok Seared Broccoli Goma Dango					Spaghetti Bolognese (V) Vegetarian Spaghetti Bolognese Fresh Baked Bread Roasted Asparagus Parmesan Sauteed Carrots Brownie					Japanese Pork Curry (V) Vegetarian Curry White Rice Green Peas Croquettes Mikan				
DAIRY WHEAT SOY					FISH					EGG DAIRY WHEAT SESAME SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY				
Calorie 777kcal Protein 27.1g					Calorie 752kcal Protein 28.7g					Calorie 871kcal Protein 31.6g					Calorie 989kcal Protein 36.7g					Calorie 847kcal Protein 24.1g				



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.