

January 2025

CEZARS™ KITCHEN

Seisen International School

Monday					Tuesday					Wednesday					Thursday					Friday																																																																															
										1					2					3																																																																															
Winter Vacation					Winter Vacation					Winter Vacation					Winter Vacation					Winter Vacation																																																																															
6					Happy New Year ! 7					8					9					10																																																																															
Winter Vacation					Penne Bolognese (V) Penne Pomodoro Baguette Steamed Broccoli Mixed Salad Drink Yogurt Cake					 Chicken Stroganoff (V) Mushrooms Stroganoff White Rice Roasted Potato Mixed Salad Drink Orange Wedges					Pork Katsu Curry (V) Tofu Curry White Rice Roasted Corn Mixed Salad Drink Apple Wedges					Herb Roast Chicken (V) Chickpeas in Tomato Sauce White Rice Steamed Carrots w. Herbs Mixed Salad Drink Caramelized Banana w. Cream																																																																															
EGG					DAIRY					WHEAT					SOY					EGG					DAIRY					WHEAT					SOY																																																																
Calorie					941kcal					Protein					34.9g					Calorie					896kcal					Protein					32.7g					Calorie					860kcal					Protein					28.6g					Calorie					843kcal					Protein					37.0g																								
13					14					15					16					17																																																																															
No School					Chicken Lasagna (V) Mushroom Lasagna Focaccia Steamed Broccoli Mixed Salad Drink Apple Wedges					Sukiyaki (Beef) (V) Vegetables Sukiyaki White Rice Mix of Cooked Mushrooms, Chinese Cabbage & Carrots Mixed Salad Drink Fruit Jelly					Roast Pork (V) Tofu Stir Fry w. Vegetables White Rice Roasted Pumpkin Mixed Salad Drink Chocolate Pudding					Chicken Karaage (V) Falafel w. Yogurt Sauce White Rice Vegetable Harusame Mixed Salad Drink Fruit Jelly																																																																															
EGG					DAIRY					WHEAT					SOY					EGG					DAIRY					WHEAT					SOY																																																																
Calorie					876kcal					Protein					35.7g					Calorie					843kcal					Protein					29.2g					Calorie					983kcal					Protein					30.3g					Calorie					810kcal					Protein					39.8g																								
20					21					22					23					24																																																																															
Fish Katsu w. Tartar Sauce (V) Vegetable Croquettes White Rice Steamed Broccoli Mixed Salad Drink Orange Wedges					Grilled Chicken Fillet (V) Cheese & Spinach Omelet White Rice Roasted Corn Mixed Salad Drink Chocolate Cake					Feijoada (Bean Stew w. Pork) (V) Feijoada (Bean Stew w. Vegetables) White Rice Sautéed Spinach Mixed Salad Drink Orange Wedges					Spaghetti Bolognese (V) Spaghetti w. Eggplant & Tomato Sauce Rosemary Focaccia Steamed Broccoli Mixed Salad Drink Carrot Cake					Teriyaki Chicken (V) Teriyaki Tofu White Rice Edamame Mixed Salad Drink Fruit Jelly																																																																															
EGG					DAIRY					WHEAT					FISH					SOY					EGG					DAIRY					WHEAT					SOY																																																											
Calorie					867kcal					Protein					40.2g					Calorie					978kcal					Protein					37.6g					Calorie					842kcal					Protein					31.7g					Calorie					899kcal					Protein					34.6g					Calorie					790kcal					Protein					34.7g				
27					Burger Day 28					Luna New Year Special 29					30					31																																																																															
Butter Chicken Curry (V) Tomato Curry White Rice Steamed Broccoli Mixed Salad Drink Mango Lassi					Beef Burger (V) Vegetarian Burger French Fries Caramelized Onion Mixed Salad Drink Banana					Kung Pao Chicken & Shrimp (No Peanut) (V) Tofu Kung Pao (No Peanut) White Rice Liangban Fensi (Chinese Harusame) Mixed Salad Drink Orange Wedges					 Tuna Pasta Bake (V) Mushroom Pasta Bake Garlic Bread Roasted Corn w. Butter Mixed Salad Drink Custard Cream w. Red Fruit Sauce					Roast Chicken (V) Chickpeas in Tomato Sauce White Rice Roasted Potatos Mixed Salad Drink Coconut Tapioca																																																																															
DAIRY					WHEAT					SOY					EGG					DAIRY					WHEAT					FISH					SOY																																																																
Calorie					841kcal					Protein					43.1g					Calorie					863kcal					Protein					35.0g					Calorie					957kcal					Protein					45.3g					Calorie					843kcal					Protein					33.2g					Calorie					840kcal					Protein					37.2g				

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.