

December 2024



Seisen International School

Monday					Tuesday					Wednesday					Thursday					Friday									
2					3					4					Holiday Special 5					Burger Day 6									
Fish Katsu w. Tartar Sauce (V) Vegetable Croquettes White Rice Steamed Broccoli Mixed Salad Drink Orange Wedges					Butter Chicken Curry (V) Tomato Curry White Rice Roasted Potato Mixed Salad Drink Mango Lassi					Penne Bolognese (V) Penne Pomodoro Focaccia Steamed Broccoli Mixed Salad Drink Carrot Cake					Holiday Roasted Chicken (V) Chickpeas in Tomato Sauce White Rice Steamed Carrots w. Herbs Mixed Salad Drink Caramelized Banana w. Cream 					Beef Burger (V) Veg Burger French Fries Caramelized Onion Mixed Salad Drink Chocolate Cake									
DAIRY	WHEAT		FISH	SOY	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY		
Calorie	897kcal		Protein	41.8g	Calorie	889kcal		Protein	44.4g	Calorie	899kcal		Protein	34.6g	Calorie	765kcal		Protein	35.7g	Calorie	928kcal		Protein	33.3g					
9					10					11					12					13									
Grilled Chicken Fillet (V) Cheese & Spinach Omelet White Rice Steamed Broccoli Mixed Salad Drink Apple Wedges					Tuna Pasta Bake (V) Mushroom Pasta Bake Garlic Bread Roast Corn w. Butter Mixed Salad Drink Fruit Jelly					Feijoada (Bean Stew w. Pork) (V) Feijoada (Bean Stew w. Vegetables) White Rice Sautéed Spinach Mixed Salad Drink Orange Cake					Chicken Lasagna (V) Vegetarian Lasagna Focaccia Steamed Cauliflower Mixed Salad Drink Apple Wedges					Winter Vacation									
EGG	DAIRY	WHEAT			DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY								
Calorie	873kcal		Protein	39.8g	Calorie	882kcal		Protein	33.4g	Calorie	864kcal		Protein	29.3g	Calorie	876kcal		Protein	35.7g										
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.