

February 2025

CEZARSTM

KITCHEN

Seisen International School

Monday						Tuesday						Wednesday						Thursday						Friday												
3						4						5						6						7												
Fish Katsu w. Tartar Sauce (V) Vegetable Croquettes White Rice Steamed Broccoli Mixed Salad Drink Orange Wedges						Teriyaki Chicken (V) Teriyaki Tofu White Rice Edamame Mixed Salad Drink Fruit Jelly						Napolitan Pasta w. Pork Sausage (V) Veg Napolitan Pasta Garlic Bread Roast Corn Mixed Salad Drink Banana						Korean Fried Chicken (V) Chick Peas in Tomato Sauce White Rice Steamed Cauliflower Mixed Salad Drink Yogurt Cake						Beef Curry (V) Tofu Curry White Rice Sauteed Spinach w. Garlic Mixed Salad Drink Custard Cream w. Red Fruit Sauce												
EGG	DAIRY	WHEAT		FISH	SOY			WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY							
Calorie 836kcal Protein 38.5g						Calorie 790kcal Protein 34.7g						Calorie 847kcal Protein 25.7g						Calorie 897kcal Protein 40.8g						Calorie 836kcal Protein 28.0g												
10						11						12						13						14												
Butter Chicken Curry (V) Tomato Curry White Rice Roast Pumpkin Mixed Salad Drink Mango Lassi						Taco Rice (Beef) (V) Vegetable Taco Rice (Soy Meat) White Rice Steamed Mixed Vegetable Mixed Salad Drink Greek Yogurt w. Red Fruits						Chicken Karaage (V) Falafel w. Yogurt Sauce White Rice Vegetable Harusame Mixed Salad Drink Fruit Jelly						Roast Pork (V) Tofu Stir Fry w. Vegetable Mashed Potatoes Steamed Corn Mixed Salad Drink Coconut Tapioca						Chicken Lasagna (V) Mushroom Lasagna Focaccia Steamed Cauliflower Mixed Salad Drink Seasonal Fruit Mix												
	DAIRY				SOY		DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY		DAIRY				SOY	EGG	DAIRY	WHEAT			SOY							
Calorie 862kcal Protein 42.5g						Calorie 857kcal Protein 32.3g						Calorie 779kcal Protein 38.1g						Calorie 847kcal Protein 32.2g						Calorie 887kcal Protein 36.2g												
17						18						19						20						21												
Spaghetti Bolognese (V) Spaghetti w. Eggplant & Tomato Sauce Rosemary Focaccia Grilled Green Pea Mixed Salad Drink Banana						Brazilians-Style Beans w. Bacon & Sausage (V) Brazillans-Style Beans White Rice Roast Potato Mixed Salad Drink Carrot Cake w. Chocolate Frosting						Herb Roast Chicken (V) Vegetable Croquettes White Rice Steamed Carrots w. Herbs Mixed Salad Drink Caramelized Banana w. Cream						Burger Day (Beef) (V) Veg Burger French Fries / Hamburger Bun Caramelized Onion w. Cheddar Sauce Mixed Salad Drink Orange Wedges						No School PD Day												
		WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY													
Calorie 868kcal Protein 34.0g						Calorie 920kcal Protein 30.7g						Calorie 766kcal Protein 34.1g						Calorie 851kcal Protein 34.3g																		
24						25						26						27						28												
No School						No School						Macaroni Gratin w. Shrimp (V) Cheese Pasta Focaccia Steamed Corn Mixed Salad Drink Fresh Pineapple						Pork Yakisoba (V) Vegetable Yakisoba Chahan (Fried Rice) Fried Carrots, Broccoli, Cauliflower Mixed Salad Drink Chocolate Cake						Tandoori Chicken (V) Tandoori Tofu White Rice Grilled Vegetables Mixed Salad Drink Apple Wedges												
																				DAIRY	WHEAT		SHRIMP	SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY
												Calorie 799kcal Protein 33.8g						Calorie 902kcal Protein 32.1g						Calorie 723kcal Protein 40.9g												
</																																				