

March 2025



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 / Miso Soup Mixed Salad Drink Orange Wedges						Goulash (Hungarian Beef Stew) (V) Vegetarian Goulash Spaetzle (Fresh Pasta) Rotkohl w. Green Cabbage Mixed Salad Drink Custard Cream w. Caramel						Oyakodon (Chicken & Egg Rice Bowl) (V) Spinach Cheese Omelette White Rice Spinach Ohitashi (Japanese style Spinach) Mixed Salad Drink Castella Cake						Pork Curry (V) Vegetable Curry White Rice Roast Potato Mixed Salad Drink Fruit Jelly						Chicken Cacciatore & Spaghetti (V) Eggplant Cacciatore & Spaghetti Focaccia Steamed Cauliflower Mixed Salad Drink Banana					
EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY			WHEAT			SOY			WHEAT			SOY
Calorie	863kcal	Protein	41.4g			Calorie	890kcal	Protein	42.3g			Calorie	794kcal	Protein	38.5g			Calorie	953kcal	Protein	21.3g			Calorie	824kcal	Protein	35.2g		
10						11						12						13						14					
Pork Ribs in Barbecue Sauce (V) Wok Hei Grilled Vegetables w. Sesame Oil White Rice Roast Pumpkin Mixed Salad Drink Apple Wedges						Juicy Chicken Strips (V) Juicy Tofu Strips White Rice Korean Style Nappa Cabbage Mixed Salad Drink Indian Cake w. Cinnamon						Spanish Tortilla w. Potatoes & Bacon (V) Spanish Tortilla w. Potato & Cheese White Rice Steamed Broccoli Mixed Salad Drink Banana Fritters						Chicken Stroganoff (V) Mushroom Stroganoff Penne French Fries Mixed Salad Drink Orange Wedges						SPRING BREAK					
		WHEAT	SESAME			EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY						
Calorie	826kcal	Protein	34.0g			Calorie	987kcal	Protein	39.6g			Calorie	925kcal	Protein	27.1g			Calorie	859kcal	Protein	35.5g								
17						18						19						20						21					
SPRING BREAK						SPRING BREAK						SPRING BREAK						SPRING BREAK						SPRING BREAK					
24						25						Hari Raya Eid al-Fitr 26						27						28					
Spaghetti Bolognese (V) Spaghetti w. Eggplant & Tomato Sauce Garlic Bread Steamed Broccoli Mixed Salad Drink Chocolate Cake						Herb Roast Chicken (V) Baked Cauliflower w. Corn Cream White Rice Steamed Corn Mixed Salad Drink Fruit Jelly						Haleen (Beef & Lentils) (V) Haleen w. Vegetables Chapata (Flat Bread) Roast Potato Curry Mixed Salad Drink Sheer Khurma (Vermicelli w. Milk)						Chicken Lasagna (V) Eggplant Lasagna Focaccia Steamed Broccoli Mixed Salad Drink Banana						Miso Pork (V) Eggplant in Miso White Rice Caramelized Onion Mixed Salad Drink Carrot Cake					
EGG	DAIRY	WHEAT			SOY	EGG	DAIRY				SOY		DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY
Calorie	842kcal	Protein	31.8g			Calorie	778kcal	Protein	37.1g			Calorie	990kcal	Protein	38.7g			Calorie	842kcal	Protein	36.3g			Calorie	896kcal	Protein	34.7g		
31																													
Chicken Tacos (V) Vege Tacos Tortilla French Fries Mixed Salad Drink Orange Wedges																													
		WHEAT			SOY																								
Calorie	843kcal	Protein	32.5g																										

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.