

March 2025



International School of
the Sacred Heart

Monday						Tuesday						Wednesday						Thursday						Friday					
Hina Matsuri 3						4						5						No School for Students 6						7					
(V) Soy Meat Spaghetti Bolognese						Tonkatsu w. Shredded Cabbage						Teriyaki Chicken						Hayashi Beef						Thai Fried Chicken					
Fresh Baked Bread						(V) Tofu Katsu w. Shredded Cabbage						(V) Vegetarian Harusame w. Aburaage						(V) Vegetable & Tofu Curry						(V) Thai Style Fried Tofu					
Sauté Mushrooms w. Onion						White Rice						White Rice						White Rice						White Rice					
Steamed Broccoli						Tamagoyaki						Snap Peas						Kimpira Gobo						Harumaki (V) Vegetarian Harumaki					
Sliced Pineapple						Sesame Green Beans						Braised Carrots						Croquettes						Garlic Spinach					
						Sponge Cake						Vanilla Yoghurt						Fruit Crumble						Coconut Milk w. Fruit Mix					
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY
Calorie		882kcal	Protein	53.1g		Calorie		860kcal	Protein	30.9g		Calorie		754kcal	Protein	30.5g		Calorie		942kcal	Protein	26.5g		Calorie		988kcal	Protein	38.9g	
10						11						12						13						14					
(V) Pizza Margherita						Roasted Chicken w. Leek & White Wine Sauce						Mongolian Pork						Irish Stew						White Fish w. Creamy Lemon Sauce					
Garlic Pasta						(V) Zucchini Parmesan						(V) Stir Fried Tofu w. Vegetables						(V) Kidney Bean w. Mushroom Pie						(V) Crispy Tofu in Citrus Sauce					
Stir Fried Mix Mushrooms						White Rice						White Rice						Butter Rolls						White Rice					
Garden Salad						Carrot Coins						Garlic Butter Green Beans						Colcannon Mashed Potatoes						Edamame					
Banana						Baked Vegetables						Sauteed Spinach						Green Peas						Sauteed Broccoli					
						Carrot Cake						Peach Jelly						Chocolate Cake						Fruit Crumble					
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT					DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT					DAIRY	WHEAT		FISH	SOY
Calorie		703kcal	Protein	20.9g		Calorie		781kcal	Protein	42.6g		Calorie		769kcal	Protein	26.5g		Calorie		892kcal	Protein	30.8g		Calorie		791kcal	Protein	25.0g	
17						18						19						20						21					
Spring Break						Spring Break						Spring Break						Spring Break						Spring Break					
24						25						26						27						28					
(V) Leczo (Polish Vegetarian Stew)						Sauteed Pork & Vegetables						Chicken Karaage						Spaghetti Bolognese						Fish Fingers w. Tartare Sauce					
White Rice						(V) Sauteed Tofu w. Vegetables						(V) Tofu Karaage						(V) Spaghetti w. Chick Peas in Pomodoro						(V) Chick Pea Fingers					
Braised White Cabbage						White Rice						White Rice						Garlic Bread						White Rice					
Garden Salad						Mediterranean Cous Cous Salad						Steamed Broccoli						Green Beans						Steamed Carrots					
Mikan						Carrots Vichy						Agedashi Eggplant						Grilled Peppers						Sauteed Cauliflower					
						Vanilla Cake						Mango Yoghurt						Pavlova						Grape Jelly					
	DAIRY	WHEAT				EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT		FISH	SOY
Calorie		690kcal	Protein	20.1g		Calorie		895kcal	Protein	23.6g		Calorie		780kcal	Protein	40.4g		Calorie		837kcal	Protein	30.4g		Calorie		803kcal	Protein	29.1g	
No School for Students 31																													
Pork Bulgogi																													
(V) Tofu & Shimeji Bulgogi																													
White Rice																													
Spring Rolls w. Dipping Sauce (V) Namuru Bean Sprouts																													
Steamed Eggplant w. Soy																													
Mix Fresh Fruits																													
	DAIRY	WHEAT	SESAME		SOY																								
Calorie		754kcal	Protein	34.0g																									

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.