

April 2025



International School of
the Sacred Heart

Monday						Tuesday						Wednesday						Thursday						Friday											
						1						2						3						4											
						Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Roast Carrots Mix Fruits						Japanese Pork Curry (V) Japanese Tofu Curry White Rice Croquettes Komatsuna Ohitashi Orange Jelly						Baked Whitefish w. Lemon Sauce (V) Crispy Tofu in Citrus Sauce White Rice Edamame Sauteed Broccoli Chocolate Cake						Tandoori Chicken (V) Falafel w. Tzatziki Sauce White Rice Curry Baby Potato Salted Cucumber w. Coriander & Lemon Mango Yoghurt											
							DAIRY	WHEAT				EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			FISH	SOY	EGG	DAIRY	WHEAT								
						Calorie 703kcal Protein 41.0g						Calorie 893kcal Protein 26.5g						Calorie 800kcal Protein 26.0g						Calorie 734kcal Protein 44.2g											
7						8						9						10						11											
(V) Margherita Pizza Garlic Pasta Broccoli Mix Peppers w. Onions Banana						Stir Fry Pork (V) Stir Fry Tofu White Rice Soy Glazed Eggplant w. Spring Onion Shimeji w. Seasoned Bamboo Fruit Crumble						Hayashi Beef (V) Hayashi Vegetables White Rice Gyoza / (V) Sautee Vegetables Vegetable Oden Style Orange Wedges						Karaage Chicken (V) Tofu Karaage White Rice Edamame Kinpira Gobo Grape Jelly						Fish Fingers w. Tartar Sauce (V) Chick Pea Fingers White Rice Potato Salad Green Peas w. Corn Carrot Cake											
	DAIRY	WHEAT						WHEAT			SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT		FISH	SOY						
						Calorie 703kcal Protein 20.9g						Calorie 836kcal Protein 23.5g						Calorie 800kcal Protein 38.9g						Calorie 945kcal Protein 32.9g											
14						15						16						17						18											
(V) Vegetarian Japanese Curry w. Soy Meat White Rice Spinach Ohitashi Wok Seared Greens Brownie						Japanese Hamburg (V) Vegetable Bean Hamburg w. Veg Demi White Rice Green Beans Mixed Mushrooms Melon						Teriyaki Pork (V) Vegetarian Harusame w. Tofu White Rice Eggplant Agebitashi Green Peas w. Carrots Berry Yogurt						Chicken Fajitas w. Tortillas (V) Vegetable Bean Fajitas w. Tortillas White Rice Roasted Corn Steamed Broccoli Banana Cake						Beef Lasagna (V) Vegetable Lasagna Ciabatta Grilled Zucchini Steamed Cauliflower Mikan											
EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT									
						Calorie 984kcal Protein 29.8g						Calorie 754kcal Protein 28.0g						Calorie 804kcal Protein 32.4g						Calorie 895kcal Protein 41.9g						Calorie 826kcal Protein 36.7g					
21						22						23						24						SUPER HERO DAY 25											
(V) Yakisoba w. Atsuage & Vegetable White Rice Green Peas Croquettes Pineapple						Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Grilled Peppers Vanilla Cake						Pork Tonkatsu w. Cabbage (V) Tonkatsu Tofu w. Cabbage White Rice Snap Peas Carrot Coins Fruit Shiratama						Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Spinach Gomae Sauté Cabbage Orange Wedges						Hulk Favourite Beef Burger (V) Wonder Woman Veg Burger Ironman Loved Wedges Broccoli Man Super Mario Mix Mushrooms Marvel Mix Fruits											
EGG		WHEAT			SOY		DAIRY	WHEAT					DAIRY	WHEAT			SOY			WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY						
						Calorie 819kcal Protein 20.5g						Calorie 856kcal Protein 30.9g						Calorie 917kcal Protein 31.7g						Calorie 795kcal Protein 34.5g						Calorie 966kcal Protein 32.2g					
28						29						30																							
(V) Spaghetti Bolognaise (Soy Meat) Focaccia Garden Salad Stir Fry Vegetables Mix Fruits						Miso Chicken (V) Miso Tofu White Rice Sweet Corn Vegetable Namuru (Carrot, Spinach, Moyashi) Fruit Jelly						Cezars Roast Pork w. Gravy (V) Tofu Hamburg Baked Potato Sauteed Onions & Cauliflower Buttered Green Peas Chocolate Cake																							
	DAIRY	WHEAT	SESAME		SOY			WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY																		
						Calorie 850kcal Protein 51.8g						Calorie 888kcal Protein 32.8g						Calorie 775kcal Protein 31.3g																	

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.