

April 2025

CEZARSTM

KITCHEN

Seisen International School

Monday						Tuesday						Wednesday						Thursday						Friday					
						1						2						3						4					
						Spanish Tortilla - Potatoes & Bacon & Onions (V) Spanish Tortilla w. Potato & Cheese & Onions Rustic Bread Grilled Vegetables Mixed Salad Drink Orange Wedges						Butter Chicken Curry (V) Tomato Curry Yellow Rice Steamed Corn Mixed Salad Drink Lassi						Tuna Pasta w. Tomato Creamy Sauce & Olives (V) Pasta w. Creamy Tomato Sauce Garlic Cheese Bread Steamed Broccoli & Carrot Mixed Salad Drink Coconut Custard Cream						Sukiyaki (Beef) (V) Veg Sukiyaki White Rice Tofu & Vegetable Mix Mixed Salad Drink Agepan					
						EGG	DAIRY	WHEAT			SOY		DAIRY				SOY	EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY
						Calorie 712kcal Protein 22.7g						Calorie 862kcal Protein 42.5g						Calorie 981kcal Protein 29.0g						Calorie 810kcal Protein 25.8g					
7						8						9						10						11					
Teriyaki Chicken (V) Teriyaki Tofu White Rice Edamame Mixed Salad Drink Fruit Jelly						Japanese Pork Curry (V) Japanese Vegetables Curry White Rice Roasted Pumpkin Mixed Salad Drink Orange Wedges						Chicken Cacciatore w. Penne (V) Mushroom Cacciatore w. Penne Focaccia Steamed Cauliflower Mixed Salad Drink Banana						Steak w. Onions & Fries (V) Omelette w. Tomatoes Garlic Rice Brazilian Beans Mixed Salad Drink Carrot Cake w. Chocolate Frosting						Tandoori Chicken (V) Tandoori Tofu Flour Tortilla Grilled Vegetables Mixed Salad Drink Vanilla Yogurt					
		WHEAT	SESAME		SOY			WHEAT			SOY		DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY
Calorie 79kcal Protein 34.7g						Calorie 874kcal Protein 27.4g						Calorie 824kcal Protein 35.2g						Calorie 851kcal Protein 28.2g						Calorie 782kcal Protein 47.7g					
14						15						16						BANANA DAY 17						18					
Chicken Stroganoff (V) Mushroom Cream Stroganoff Penne Steamed Broccoli & Carrots Mixed Salad Drink Apple Wedges						Roast Pork (V) Lentil Croquettes w. Herbs Mashed Potatoes Steamed Sweet Potato Mixed Salad Drink Creamy Coconut Tapioca						Chicken Karaage (V) Tofu Croquette White Rice Spinach Ohitashi Mixed Salad Drink Fruit Jelly						Beef Lasagna (V) Vegetarian Lasagna Focaccia Steamed Zucchini Mixed Salad Drink Banana Fritters						GOOD FRIDAY- SCHOOL OFF					
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT			SOY						
Calorie 797kcal Protein 35.2g						Calorie 866kcal Protein 30.9g						Calorie 856kcal Protein 31.7g						Calorie 886kcal Protein 33.4g											
21						22						23						24						SUPERHERO DAY 25					
Fish Katsu w. Tartar Sauce (V) Vegetable Croquettes White Rice Roasted Carrots Mixed Salad Drink Orange Wedges						Roast Chicken w. Herbs (V) Chickpeas in Tomato & Herb Sauce White Rice Roast Pumpkin w. Bechamel Mixed Salad Drink Fruit Jelly						Spaghetti Bolognese (V) Spaghetti w. Eggplant & Tomato Sauce Rosemary Focaccia Grilled Italian Vegetable Mix Mixed Salad Drink Chocolate Cake						Smoked Chicken Doria w. Bacon (V) Cheese Cream Doria White Rice Steam Broccoli Mixed Salad Drink Pudding						Hulk Fav Burger (V) Super Veggie Burger Wonder Women's Fries Mario's Sauteed Mushrooms Mixed Salad & Popeye's Spinach Drink Marvel Marble Cake					
EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY
Calorie 845kcal Protein 37.2g						Calorie 738kcal Protein 35.6g						Calorie 927kcal Protein 32.4g						Calorie 819kcal Protein 36.8g						Calorie 979kcal Protein 33.8g					
28						29						30																	
Brazilian Style Beef Stew (CARNE DE PANELA) (V) Vegetable & Soy Meat Stew Mashed Potatoes Steam Carrot Mixed Salad Drink Orange Wedges						Pork Yakisoba (V) Vegetable Yakisoba Gyoza Stir Fried Vegetables Mixed Salad Drink Fruit Jelly						Fried Chicken (V) Fried Tofu White Rice Harusame Mixed Salad Drink Custard Chocolate																	
	DAIRY				SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME		SOY												
Calorie 761kcal Protein 37.6g						Calorie 796kcal Protein 36.1g						Calorie 934kcal Protein 34.6g																	

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.