

May 2025



Seisen International School

Monday						Tuesday						Wednesday						Thursday						Friday								
																		1						2								
																		Beef Haleen (Beef & Lentils) (V) Vegetable Haleen (Lentils & Vegetables) Rustic Bread Curry Flavored Roast Potato Mixed Salad Drink Apple Wedges						Juicy Chicken Strips (V) Juicy Tofu Strips White Rice Steamed Peas Mixed Salad Drink Cinnamon Cake								
																		WHEAT				SOY			EGG	DAIRY	WHEAT				SOY	
																		Calorie 878kcal Protein 36.7g						Calorie 866kcal Protein 28.8g								
5						6						7						8						Saint Raphaela Day 9								
Children's Day						Beef Stroganoff (V) Shitake Stroganoff White Rice Steamed Broccoli Mixed Salad Drink Orange Wedges						Herb Roast Chicken (V) Baked Cauliflower w. Corn Cream Garlic Rice Steamed Corn Mixed Salad Drink Fruit Jelly						Pork Shogayaki (V) Vegetarian Shogayaki White Rice Daikon Radish Mixed Salad Drink Banana						Chicken Stew in Tomato Sauce (V) Tomato Confit & Ricotta Sauce Pasta Grilled Asparagus Mixed Salad Drink Condensed Milk Pudding								
							DAIRY	WHEAT			SOY	EGG	DAIRY				SOY			WHEAT			SOY			EGG	DAIRY	WHEAT			SOY	
						Calorie 856kcal Protein 23.4g						Calorie 821kcal Protein 37.5g						Calorie 834kcal Protein 38.8g						Calorie 940kcal Protein 38.4g								
High-School only 12						13						14						15						16								
Butter Chicken Curry (V) Tomato Curry Yellow Rice Steamed Corn Mixed Salad Drink Orange Wedges						Roast Pork w. Herbs (V) Baked Lentil Roulade Roast Potatoes Cauliflower w. Bechamel Sauce Mixed Salad Drink Vanilla Cookies						Chicken Parmesan (V) Eggplant Parmesan White Rice Steamed Broccoli Mixed Salad Drink Cream Custard w. Red Fruits						Japanese Beef Curry (V) Tofu Curry White Rice Sautéed Spinach Mixed Salad Drink Fruits Jelly						Pasta w. Meatballs (V) Pasta w. Marinara Sauce Focaccia Roasted Carrots Mixed Salad Drink Lemon Cake								
	DAIRY				SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY			EGG	DAIRY	WHEAT			SOY	
Calorie 843kcal Protein 41.8g						Calorie 985kcal Protein 31.4g						Calorie 896kcal Protein 45.4g						Calorie 850kcal Protein 27.4g						Calorie 990kcal Protein 32.5g								
19						20						21						22						Elementary school only 23								
Fish Katsu w. Tartar Sauce (V) Vegetable Croquettes White Rice Steamed Broccoli Mixed Salad Drink Orange Wedges						Oyakodon (Chicken & Egg Rice Bowl) (V) Vegetables Oyakodon White Rice Spinach Ohitashi (Japanese style Spinach) Mixed Salad Drink Peach Pave (Brazilian Layered Dessert)						Milano Doria (Beef) (V) Vegetarian Milano Doria White Rice Grilled Vegetables Mixed Salad Drink Chocolate Cake						Grilled Chicken Fillet w. Lemon Caper Sauce (V) Grilled Tofu w. Lemon-Caper Sauce Mashed Potatoes Sauteed Japanese Mushrooms Mixed Salad Drink Mango Tapioca						Meatball Tomato Sauce Pasta (V) Soy Meat & Tofu Meatballs Pasta Focaccia Braised Cabbage Mixed Salad Drink Apple Wedges								
EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY			EGG	DAIRY	WHEAT			SOY	
Calorie 864kcal Protein 35.7g						Calorie 944kcal Protein 39.9g						Calorie 884kcal Protein 32.5g						Calorie 791kcal Protein 46.0g						Calorie 862kcal Protein 35.2g								
26						27						28						29						30								
Spaghetti Bolognese (Beef) (V) Spaghetti w. Caponata Focaccia Grilled Italian Vegetable Mix Mixed Salad Drink Banana						Chicken Karaage (V) Vegetable Croquettes White Rice Edamame Mixed Salad Drink Carrot Cake						Braised Pork w. Herbs (V) Soy-Tofu Veggie Balls Mashed Potatoes Sautéed Spinach w. Garlic Mixed Salad Drink Mikan Jelly						Moqueca (Brazilian Fish Stew) (V) Vegetarian Moqueca (Brazilian Stew) Lemongrass Rice Mixed Vegetables w. Couscous Mixed Salad Drink Passion Fruit Mousse						Beef Gyudon (V) Spinach Cheese Omelette White Rice Korean Style Nappa Cabbage Mixed Salad Drink Marble Cake (Chocolate & Vanilla)								
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT		FISH	SOY			EGG	DAIRY	WHEAT	SESAME			SOY
Calorie 883kcal Protein 31.8g						Calorie 937kcal Protein 33.5g						Calorie 747kcal Protein 32.5g						Calorie 949kcal Protein 39.1g						Calorie 771kcal Protein 24.6g								

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.