

June 2025										CEZARS TM KITCHEN										Seisen International School										
Monday					Tuesday					Wednesday					Thursday					Friday										
2					3					4					5					6										
Fish Katsu w. Tartar Sauce (V) Vegetable Croquettes Rice Steamed Broccoli Mixed Salad Drink Orange Wedges					Teriyaki Chicken (V) Teriyaki Tofu Rice Edamame Mixed salad Drink Fruit Jelly					Japanese Beef Curry (V) Tofu Curry Rice Sautéed Spinach Mixed Salad Drink Chocolate cake					Chicken Lasagna (V) Vegetarian Lasagna Focaccia Steam zucchini Mixed salad Drink Banana					EOY MASS LAST DAY DAY OFF										
EGG	DAIRY	WHEAT		FISH	SOY			WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT				SOY						
Calorie 854kcal Protein 35.7g					Calorie 790kcal Protein 34.7g					Calorie 878kcal Protein 27.3g					Calorie 853kcal Protein 36.3g															
9					10					11					12					13										
Summer School					Summer School					Summer School					Summer School					Summer School										
16					17					18					19					20										
Summer School					Summer School					Summer School					Summer School					Summer School										
23					24					25					26					27										
Summer School					Summer School					Summer School					Summer School					Summer School										
30																														
School Holiday																														

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.