

June 2025



International School of
the Sacred Heart

Monday						Tuesday						Wednesday						Thursday						Friday								
2						3						4						5						6								
(V) Vegetarian Harusame w. Aburaage						Pork Bulgogi						Herb Roast Chicken						Spaghetti Bolognese						Japanese Chicken Curry								
White Rice						(V) Bibimbap Vegetables w. Tofu						(V) Grilled Vegetable & White Bean Casserole						(V) Spaghetti w. Chick Peas in Pomodoro						(V) Japanese Tofu Curry								
Snap Peas						White Rice						White Rice						Garlic Bread						White Rice								
Daikon Nimono						Asparagus						Broccoli						Green Beans						Kinpira Gobo								
Banana						Vegetable Namuru						Buttered Corn						Peppers & Zucchini						Japanese Pickles								
						Peach Jelly						Sponge Cake						Sliced Melon						Mix Fruits								
		WHEAT			SOY		DAIRY	WHEAT			FISH		SOY	EGG	DAIRY	WHEAT			Soy		DAIRY	WHEAT							SESAME			SOY
Calorie 740kcal Protein 16.1g						Calorie 775kcal Protein 26.5g						Calorie 813kcal Protein 42.3g						Calorie 860kcal Protein 33.8g						Calorie 864kcal Protein 33.7g								
9						10						11						12						13								
(V) Margherita Pizza						Baked Fish w. Creamy Lemon Sauce						Butter Chicken						No School						No School								
Garlic Pasta						(V) Chick Pea Fingers						(V) Vegetable Makhani																				
Broccoli						White Rice						White Rice																				
Mix Peppers w. Onion						Steamed Carrots						Spring Roll w. Dipping Sauce																				
Pineapple						Cucumbers w. Tomatoes						Garlic Spinach																				
	DAIRY	WHEAT					DAIRY	WHEAT			FISH		SOY	EGG	DAIRY	WHEAT	SESAME		SOY													
Calorie 819kcal Protein 23.9g						Calorie 765kcal Protein 22.4g						Calorie 793kcal Protein 33.6g																				
16						17						18						19						20								
No School						No School						No School						No School						No School								
23						24						25						26						27								
No School						No School						No School						No School						No School								
30																																
No School																																

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.