

October 2025

CEZARS™
KITCHEN

International School of
the Sacred Heart

Monday						Tuesday						Wednesday						Thursday						Friday					
												1						2						3					
												Pork Tacos w. Tortilla (V) Vegetarian Tacos w. Tortilla White Rice Buttered Sweet Corn Green Beans Churros						Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Stir Fried Noodles Spinach Gomae Fruit Jelly						Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Grilled Peppers Melon					
												EGG	DAIRY	WHEAT			SOY	EGG		WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY
												Calorie 821kcal Protein 23.4g						Calorie 868kcal Protein 33.2g						Calorie 801kcal Protein 35.2g					
6						7						8						9						10					
(V)Fresh Vegetable Pasta Primavera Fresh Baked Bread Roast Broccoli Fresh Salad w. Dressing Mix Fruits						Fish Fingers (V) Chick Pea Fingers White Rice Green Peas w. Sweet Corn Cucumbers w. Tomatoes Carrot Cake						Coconut Chicken Curry (V) Vegetable Curry w. Tofu White Rice Sauteed Spinach Spring Rolls (V) Moyashi Namuru Mango Yoghurt						Stir Fry Pork w. Peppers (V) Vegetable & Tofu Stir Fry White Rice Harusame Salad Roast Corn Fruits Crumble						Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Steamed Broccoli Brownie					
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT	PRAWN	FISH	SOY		DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY
Calorie 678kcal Protein 20.2g						Calorie 849kcal Protein 32.5g						Calorie 834kcal Protein 34.9g						Calorie 924kcal Protein 23.6g						Calorie 979kcal Protein 34.9g					
13						14						15						16						Deepavali 17					
(V) Margherita Pizza Pepperoncini Pasta Zucchini w. Eggplant in Pesto Sauce Roast Carrots Banana						Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes Snap Pea Orange						Spaghetti w. Bacon in Creamy Sauce (V) Spaghetti w. Creamy Vegetable Sauce Herb Bread Grilled Zucchini Mushroom w. Onions Chocolate Cake						CK Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Steamed Green Beans Burger Salad - Lettuce, Tomato, Onion Mikan						Butter Chicken Curry (V) Vegetable Curry White Rice Curried Roasted Pumpkin Turmeric Cauliflower Pineapple					
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME		SOY		DAIRY	WHEAT			SOY
Calorie 749kcal Protein 21.3g						Calorie 842kcal Protein 28.0g						Calorie 885kcal Protein 21.9g						Calorie 803kcal Protein 27.9g						Calorie 740kcal Protein 29.4g					
20						21						22						23						24					
School Holiday						School Holiday						School Holiday						School Holiday						School Holiday					
27						28						29						30						Halloween 31					
(V) Japanese Vegetable Curry White Rice Eggplant Agebitashi Croquettes Tea Jelly Tapioca						Roast Chicken w. White Gravy (V) Tofu Meunler Mushed Potato Roast Mix Vegetables Asparagus w. Lemon Peppers Caramel Flan						Hayashi Beef (V) Crispy Tofu w. Hayashi Sauce White Rice Oden Style Vegetables Snap Peas Mix Fruits						Karaage Chicken (V) Tofu Karaage White Rice Sauteed Cabbage Spinach Ohitashi Mitarashi Dango						Witches Brew Pork Stew (V) Goblin Vegetable Stew w. Beans Spooky Spuds & Sprouts Jack O Lantern Haunted Snap Peas Witch's Fingers					
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY			WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY
Calorie 893kcal Protein 27.2g						Calorie 764kcal Protein 51.3g						Calorie 826kcal Protein 29.0g						Calorie 733kcal Protein 44.4g						Calorie 817kcal Protein 28.8g					

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.