

November 2025



International School of
the Sacred Heart

Monday						Tuesday						Wednesday						Thursday						Friday						
3						4						5						6						7						
P/T Conferences						P/T Conferences						Sweet & Sour Chicken (V) Sweet & Sour Vegetables & Tofu White Rice Gyoza (V) Garlic Spinach Soy Glazed Eggplant Milk Jelly						Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Steamed Cauliflower Fresh Fruits						Fish Fingers w. Tartar Sauce (V) Zucchini w. Lemon & Garbanzo White Rice Green Peas Stewed Cabbage Brownie						
												EGG	DAIRY	WHEAT	SESAME		SOY		DAIRY	WHEAT					EGG	DAIRY	WHEAT		FISH	SOY
												Calorie 817kcal Protein 31.5g						Calorie 826kcal Protein 33.9g						Calorie 925kcal Protein 32.5g						
10						11						12						13						14						
(V) Margherita Pizza Pasta Pepperoncino Mediterranean Grilled Vegetables Fresh Salad w. Dressing Fruit Jelly						Japanese Pork Curry (V) Vegetarian Curry White Rice Green Peas Croquettes Mikan						Miso Chicken (V) Vegetarian Harusame White Rice Broccoli Gomae Vegetable Namuru (Spinach, Carrot, Moyashi) Fruit Crumble						Hayashi Beef (V) Edamame Stir Fry w. Sesame & Garlic White Rice Snap Peas Sautee Spinach Vanilla Cake						Cezars Roast Pork w. Gravy (V) Vegetarian Loaf w. Vegetable Demi White Rice Roasted Carrots Green Peas & Sweet Corn Caramelized Pears						
		DAIRY	WHEAT				EGG	DAIRY					DAIRY	WHEAT	SESAME		SOY		DAIRY	WHEAT	SESAME				EGG	DAIRY	WHEAT			
Calorie 862kcal Protein 23.9g						Calorie 863kcal Protein 25.3g						Calorie 905kcal Protein 32.8g						Calorie 961kcal Protein 30.9g						Calorie 861kcal Protein 31.1g						
17						18						19						20						21						
(V) Pasta Pomodoro w. Soy Meat Fresh Baked Bread Grilled Zucchini Asparagus w. Lemon Pepper Banana						Chicken w. Paprika Sauce (V) Lentils Stew White Rice Green Beans Sauteed Mix Peppers Carrot Cake						Pork Tacos w. Tortilla (V) Vegetable Bean Tacos w. Tortilla White Rice Sweet Corn Mushrooms & Onions Pineapple						Chicken Vesuvio (V) Chick Peas in Pomodoro Roast Potato Sauteed Broccoli Garlic Spinach Freshly Mixed Fruits						Japan Day 						
		DAIRY	WHEAT				EGG	DAIRY	WHEAT				DAIRY	WHEAT			SOY		DAIRY	WHEAT										
Calorie 740kcal Protein 49.1g						Calorie 812kcal Protein 39.4g						Calorie 735kcal Protein 22.2g						Calorie 762kcal Protein 33.8g												
24						25						26						Thanksgiving 27						28						
(V) Shio Yakisoba White Rice Japanese Pickles Grilled Eggplant Mixed Fruit						Chicken Kaarage (V) Tofu Kaarage White Rice Stir Fry Vegetables w. Baby Corn Sesame Noodles Anko Shiratama						Teriyaki Pork (V) Teriyaki Tofu w. Daikon White Rice Edamame Gomae Croquettes Berry Yogurt						Cezars Traditional Roast Thanksgiving Fowl (V) Vegetarian Mushroom Wellington Mashed Sweet Potatoes Traditional Stuffing Green Bean Pumpkin Pie 						Baked Whitefish w. Lemon Sauce (V) Tofu Meunier White Rice Ratatouille Snap Peas Chocolate Cake						
		DAIRY	WHEAT				EGG	DAIRY	WHEAT	SESAME			EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME				DAIRY	WHEAT		FISH	SOY
Calorie 656kcal Protein 15.7g						Calorie 864kcal Protein 47.5g						Calorie 900kcal Protein 36.2g						Calorie 789kcal Protein 40.4g						Calorie 778kcal Protein 23.4g						