

December 2025



Seisen International School

Monday					Tuesday					Wednesday					Thursday					Friday					
1					2					3					4					5					
Fish Katsu w. Tartar Sauce					Spaghetti Bolognese (Beef)					Butter Chicken Curry					Roast Pork w. Herbs					Chicken Karaage					
(V) Vegetable Croquettes					(V) Spaghetti w. Veg Bolognese					(V) Tomato Curry					(V) Roasted Lentil Roulade w. Cheese					(V) Vegetable Croquettes					
White Rice					Focaccia					Yellow Rice					Roasted Potatoes					White Rice					
Steamed Broccoli					Grilled Italian Vegetable Mix					Steamed Corn					Steamed Vegetables					Roasted Kabocha					
Mixed Salad					Mixed Salad					Mixed Salad					Mixed Salad					Mixed Salad					
Drink					Drink					Drink					Drink					Drink					
Orange Wedges					Apple Crumble					Lassi (Yogurt Drink)					Fruit Jelly					Banana					
EGG	DAIRY	WHEAT	FISH	SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	DAIRY				SOY			WHEAT	SESAME		SOY
Calorie 836kcal Protein 38.5g					Calorie 975kcal Protein 30.1g					Calorie 863kcal Protein 44.0g					Calorie 897kcal Protein 29.7g					Calorie 854kcal Protein 30.6g					
8					9					10					11					Happy Holidays 12					
Chicken Stroganoff					Napolitan Pasta (Pork)					Teriyaki Chicken					Brazilian Style Beef Stew (CARNE DE PANELA)					Christmas Roast Chicken w. Cranberry Sauce					
(V) Mushroom Cream Stroganoff					(V) Napolitan Pasta					(V) Teriyaki Tofu					(V) Vegetable & Soy Meat Stew					(V) Vegetarian Wellington : Mushroom , Spinach & Boursin					
White Rice					Pão de Queijo (Cheese Bread)					White Rice					White Rice					Potato Gratin					
French Fries					Steamed Broccoli					Edamame					Steamed Carrot & Potato					Steam Seasonal Vegetables					
Mixed Salad					Mixed Salad					Mixed Salad					Mixed Salad					Mixed Salad					
Drink					Drink					Drink					Drink					Drink					
Apple Wedges					Banana & Chocolate Cake					Fruit Jelly					Carrot Cake					Hot Chocolate w. Marshmallows 					
	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY			WHEAT	SESAME	SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	
Calorie 881kcal Protein 29.9g					Calorie 969kcal Protein 29.6g					Calorie 790kcal Protein 34.7g					Calorie 845kcal Protein 37.3g					Calorie 832kcal Protein 37.2g					
15					16					17					18					19					
Japanese Beef Curry					Chicken Karahai (Tomato Based Gravy)					Beef Roulade Stuffed w. Vegetables & Bacon					Chicken Lasagna					NO SCHOOL					
(V) Tofu Curry					(V) Vegetarian Karahai					(V) Spinach & Cheese Omelette					(V) Vegetarian Lasagna										
White Rice					White Rice					White Rice					Focaccia										
Sautéed Spinach w. Garlic					Grilled Vegetables					Caramelized Carrot					Caponata										
Mixed Salad					Mixed Salad					Mixed Salad					Mixed Salad										
Drink					Drink					Drink					Drink										
Orange Wedges					Fruit Custard					Chocolate Cake					Orange Wedges										
	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY						
Calorie 908kcal Protein 29.1g					Calorie 885kcal Protein 29.3g					Calorie 898kcal Protein 27.4g					Calorie 881kcal Protein 36.7g										
22					23					24					25					26					
NO SCHOOL					NO SCHOOL					NO SCHOOL					NO SCHOOL					NO SCHOOL					
29					30					31															
NO SCHOOL					NO SCHOOL					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.