

January 2026



Seisen International School

Monday					Tuesday					Wednesday					Thursday					Friday				
															1					2				
No School					No School					Butter Chicken Curry (V) Tomato Curry Yellow Rice Steamed Corn Mixed Salad Drink Mango Lassi					Spaghetti Bolognese (Beef) (V) Spaghetti w. Tomato Sauce Focaccia Grilled Italian Vegetable Mix Mixed Salad Drink Apple Crumble					Chicken Karaage (V) Vegetable Croquette Rice Edamame Mixed Salad Drink Banana				
										DAIRY					DAIRY WHEAT					WHEAT SOY				
										Calorie 925kcal Protein 45.0g					Calorie 1000kcal Protein 32.4g					Calorie 840kcal Protein 31.4g				
5					6					7					8					9				
No School					No School					Butter Chicken Curry (V) Tomato Curry Yellow Rice Steamed Corn Mixed Salad Drink Mango Lassi					Spaghetti Bolognese (Beef) (V) Spaghetti w. Tomato Sauce Focaccia Grilled Italian Vegetable Mix Mixed Salad Drink Apple Crumble					Chicken Karaage (V) Vegetable Croquette Rice Edamame Mixed Salad Drink Banana				
										DAIRY					DAIRY WHEAT					WHEAT SOY				
										Calorie 925kcal Protein 45.0g					Calorie 1000kcal Protein 32.4g					Calorie 840kcal Protein 31.4g				
12					13					14					15					16				
No School					Fish Katsu w. Tartar Sauce (V) Cheese & Spinach Omelette Rice Steamed Carrot Mixed Salad Drink Orange Wedges					Penne w. Chicken Meatballs (V) Penne w. White Sauce & Mushrooms Garlic Bread Caponata Mixed Salad Drink Chocolate Cake					Shogayaki (Pork Ginger) (V) Tofu Shogayaki Rice Sautéed Bell Peppers w. Garlic Mixed Salad Drink Coconut Custard					Chicken Lasagna (V) Mushroom Lasagna Focaccia Steamed Vegetables Mixed Salad Drink Orange Wedges				
					EGG DAIRY WHEAT FISH SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT SOY				
					Calorie 836kcal Protein 37.2g					Calorie 982kcal Protein 36.1g					Calorie 899kcal Protein 37.8g					Calorie 834kcal Protein 37.2g				
19					20					21					22					23				
Pork Katsudon (V) Agedashi Tofu Rice Broccoli Mixed Salad Drink Banana					Teriyaki Chicken (V) Teriyaki Tofu Rice Edamame Mixed Salad Drink Fruit Jelly					Napolitan Pasta (Pork) (V) Napolitan Pasta Pao de Queijo (Cheese Bread) Roast Corn Mixed Salad Drink Red Fruits Custard					Roast Chicken w. Herbs (V) Lentil Roulade Rice Roast Potato Mixed Salad Drink Carrot Cake					Japanese Beef Curry (V) Potato Curry Rice Sautéed Spinach w. Garlic Mixed Salad Drink Orange Wedges				
EGG DAIRY WHEAT SOY					WHEAT SESAME SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT					WHEAT SOY				
Calorie 854kcal Protein 30.4g					Calorie 751kcal Protein 34.1g					Calorie 814kcal Protein 28.6g					Calorie 842kcal Protein 38.6g					Calorie 822kcal Protein 26.8g				
26					27					28					29					30				
Chicken Stroganoff (V) Mushroom Stroganoff Rice Steamed Cauliflower Mixed Salad Drink Orange Wedges					Pork Yakisoba (V)Yakisoba Gyoza Grilled Vegetables Mixed Salad Drink Mikan Jelly					Adobo Chicken (V) Adobo Tofu Rice Harusame w. Vegetables Mixed Salad Drink Mango Tapioca					CK Juice Beef Burger (V) Vegetarian Burger French Fries w. Cheddar Sauce Caramelized Onion Mixed Salad Drink Banana Cake					Chicken Curry w. Potato (Pakistan Style) (V) Chickpea Curry (Pakistan Style) Rice Steamed Vegetables Mixed Salad Drink Custard Cream				
					WHEAT SESAME SOY					DAIRY SESAME FISH SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT SOY				
Calorie 823kcal Protein 30.0g					Calorie 796kcal Protein 36.1g					Calorie 894kcal Protein 39.7g					Calorie 913kcal Protein 33.8g					Calorie 762kcal Protein 39.2g				

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.