

January 2025



International School of the Sacred Heart

Monday					Tuesday					Wednesday					Thursday					Friday				
															1					2				
School Closed Winter Holidays					Pasta alla' Amatriciana (V) Pasta w. Eggplant Arrabbiata Focaccia Pan Seared White Beans w. Pesto Steamed Broccoli Mix Fruits					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce / (V) Croquettes Stir Fry Vegetables Mitarashi Dango					Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Grilled Peppers Brownie					Karaage Chicken (V) Tofu Karaage White Rice Edamame Kimpira Gobo Fruit Jelly				
					EGG DAIRY WHEAT					WHEAT SESAME SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SESAME SOY				
Calorie 767kcal Protein 26.6g					Calorie 832kcal Protein 32.8g					Calorie 1001kcal Protein 34.3g					Calorie 800kcal Protein 38.9g									
5					6					7					8					9				
12					13					14					15					16				
(V) Margherita Pizza Pasta Pepperoncino Sweet Corn Salad Mikan					Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole White Rice Carrot Coins Sauteed Cabbage Berry Yoghurt					Cezars Roast Pork w. Gravy (V) Tofu Hamburg Baked Potato Sauteed Onions & Cauliflower Broccoli Chocolate Cake					Fish Fingers w. Tartar Sauce (V) Chick Pea Fingers White Rice Spinach Green Peas Fruit Cobbler					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Mixed Mushrooms w. Onion Burger Salad - Lettuce, Cucumber, Tomato Orange Wedges				
DAIRY WHEAT					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT FISH					EGG DAIRY WHEAT SOY				
Calorie 788kcal Protein 22.1g					Calorie 829kcal Protein 34.2g					Calorie 745kcal Protein 31.2g					Calorie 916kcal Protein 32.2g					Calorie 819kcal Protein 29.9g				
19					20					21					22					World Pie Day (Snack) 23				
No School					Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Sauteed Cabbage Sesame Green Beans Fruit Jelly					Creamy Pasta w. Bacon (V) Pasta w. Asparagus & Chick Peas Herb Bread Grilled Zucchini Mix Mushrooms w. Vegetables Orange Cake					Crispy Sweet & Sour Chicken (V) Sweet & Sour Tofu White Rice Spring Rolls / (V) Nama Harumaki Wok Seared Broccoli Goma Dango					Hayashi Beef (V) Crispy Tofu w. Hayashi Sauce White Rice Oden Style Vegetables Snap Peas Pineapple 				
					EGG DAIRY WHEAT SESAME SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT SESAME SOY					DAIRY WHEAT SOY				
Calorie 782kcal Protein 27.3g					Calorie 872kcal Protein 22.3g					Calorie 871kcal Protein 31.6g					Calorie 826kcal Protein 29.0g									
26					27					28					29					30				
(V) Spaghetti Pomodoro w. Lentil Fresh Baked Bread Roasted Asparagus Parmesan Sauteed Carrots Banana					Chicken Coconut Curry (V) Vegetarian Thai Curry White Rice Garlic Spinach Mix Peppers Mix Fruits w. Tapioca					Pork Tacos w. Tortilla (V) Vegetable Bean Tacos w. Tortilla White Rice Sweet Corn Mushrooms & Onions Brownie					Miso Chicken (V) Miso Tofu White Rice Sweet Corn Vegetable Namuru (Carrot, Spinach, Moyashi) Fruit Jelly					Japanese Pork Curry (V) Vegetarian Curry White Rice Green Peas Croquettes Mikan Yoghurt				
DAIRY WHEAT SOY										EGG DAIRY WHEAT SOY					WHEAT SESAME SOY					EGG DAIRY WHEAT SOY				
Calorie 739kcal Protein 48.6g					Calorie 877kcal Protein 26.6g					Calorie 889kcal Protein 24.2g					Calorie 888kcal Protein 32.8g					Calorie 883kcal Protein 26.8g				

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.