

# April 2026

# CEZARS™ KITCHEN

# Seisen International School

Monday					Tuesday					Wednesday					Thursday					Friday				
										1					2					Good Friday 3				
										Pork Hoikoro (V) Vegetarian Hoikoro Rice Chinese-Style Stir-Fried Cucumber, Carrot & Egg Mixed Salad Drink Banana Fritters					Chicken Fajita Tacos w. Bell Peppers & Onions (V) Mexico-Style Veggie Tacos Tortillas Mexico-Style Refried Beans Mixed Salad Drink Churros Bites – Cinnamon Sugar					SCHOOL OFF				
										EGG DAIRY WHEAT SESAME SOY Calorie 892kcal Protein 22.6g					EGG DAIRY WHEAT SOY Calorie 771kcal Protein 46.8g									
6					7					8					9					10				
Fish Katsu w. Tartar Sauce (V) Vegetable Croquette Rice Steamed Broccoli Mixed Salad Drink Seasonal Fruit					Chicken Cordon Bleu (V) Vegetarian Cordon Bleu Carrot Rice w. Parsley Buttered Corn Mixed Salad Drink Mini Madeleines					Japanese Beef Curry (V) Potato Curry Rice Sautéed Spinach w. Garlic Mixed Salad Drink Fruit Jelly					Teriyaki Chicken (V) Teriyaki Tofu Rice Edamame Mixed Salad Drink Coconut Yogurt					Penne w. Pork Polpette (Pork Meatballs) (V) Penne w. Vegetarian Polpette (Veg. Meatballs) Cheese Bread Steamed Mixed Vegetable Mixed Salad Drink Chocolate Brigadeiro Delight				
EGG DAIRY WHEAT FISH SOY Calorie 853kcal Protein 38.2g					EGG DAIRY WHEAT SOY Calorie 910kcal Protein 29.7g					WHEAT SOY Calorie 850kcal Protein 27.4g					DAIRY WHEAT SOY Calorie 774kcal Protein 35.7g					EGG DAIRY WHEAT SOY Calorie 892kcal Protein 41.2g				
13					14					15					Banana Day 16					17				
Tandoori Chicken (V) Tandoori Tofu Rice Roast Corn Mixed Salad Drink Fresh Apple Wedges					Beef Spaghetti Bolognese (V) Tomato Sauce Spaghetti Rosemary Focaccia Broccoli w. Carrots & Garlic Mixed Salad Drink Chocolate Cake					Adobo Chicken - Filipino Style (V) Adobo Tofu - Filipino Style Rice Harusame Veggie Noodles Mixed Salad Drink Colourful Cathedral Jelly					Shogayaki (Pork Ginger) (V) Tofu Shogayaki Rice Sautéed Bell Peppers w. Garlic Mixed Salad Drink Banana Cake 					Chicken Karaage (V) Vegetable Croquette Rice Edamame Mixed Salad Drink Yogurt				
DAIRY WHEAT SOY Calorie 812kcal Protein 42.9g					EGG DAIRY WHEAT SOY Calorie 873kcal Protein 33.3g					DAIRY WHEAT SOY Calorie 898kcal Protein 42.2g					EGG DAIRY WHEAT SOY Calorie 895kcal Protein 37.5g					DAIRY WHEAT SESAME SOY Calorie 852kcal Protein 33.9g				
20					21					22					23					24				
Butter Chicken Curry (V) Tomato Curry Yellow Rice Steamed Corn Mixed Salad Drink Lassi					Fish Bites w. Herb Yogurt Sauce (V) Tofu Nuggets Rice Herbed Potato Cubes Mixed Salad Drink Banana Pudding					Roast Chicken w. Herbs (V) Lentil Roulade Rice Roast Carrot Mixed Salad Drink Apple Wedges					Roast Pork (V) Cauliflower Gratin Rice Braised Cabbage Mixed Salad Drink Fruit Jelly					Cheesy Chicken Lasagna (V) Mushroom Delight Lasagna Garlic Bread Steamed Broccoli Mixed Salad Drink Apple Wedges				
DAIRY WHEAT SOY Calorie 925kcal Protein 45.0g					EGG DAIRY WHEAT FISH SOY Calorie 831kcal Protein 37.0g					EGG DAIRY WHEAT SOY Calorie 883kcal Protein 39.1g					DAIRY WHEAT SOY Calorie 800kcal Protein 30.9g					EGG DAIRY WHEAT SOY Calorie 848kcal Protein 38.2g				
27					Super Hero Day 28					29					30									
Pork Katsudon (V) Agedashi Tofu Rice Steamed Kabocha Mixed Salad Drink Orange Wedges					Thor Power Burger (V) Hulk Fav Vegetarian Burger Wonder Woman Cheddar Fries Batman Caramelized Onions Mixed Salad Drink Iron Man Orange Slices 					Chicken Curry w. Potato – Authentic Pakistan Style (V) Chickpea Curry – Hearty Pakistan Style Naan Bread Tender Sautéed Daikon Radish Mixed Salad Drink Mango Tapioca					Brazilian Style Beef Stew – Carne de Panela (V) Chickpea & Vegetable Stew Garlic Rice Sautéed Kale w. Beans Mixed Salad Drink Passion Fruit Mousse									
EGG DAIRY WHEAT SOY Calorie 855kcal Protein 29.9g					EGG DAIRY WHEAT SOY Calorie 981kcal Protein 35.2g					DAIRY WHEAT SOY Calorie 844kcal Protein 42.1g					DAIRY WHEAT SOY Calorie 885kcal Protein 36.4g									

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.