

# May 2026



## International School of the Sacred Heart

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	
								Pork Charshu (V) Stir Fried Tofu w. Hakusai White Rice Mix Salad Braised Eggplant w. Soy Mikan	
								DAIRY WHEAT SESAME SOY	
		Calorie 748kcal Protein 20.0g							
4		Children Day 5		6		7		Mothers Day 8	
School Holiday		Lime Marinated Chicken (V) Adobong Kangkong (Tofu Variation) White Rice Lumpia w. Dipping Sauce (V) Vegetarian Spring Roll Spring Cabbage w. Baby Corn Fresh Bananas		Japanese Pork Curry (V) Japanese Tofu Curry White Rice Broccoli Tater Tots Sponge Cake		Miso Chicken (V) Vegetarian Harusame w. Aburaage White Rice Snap Peas Braised Carrots Mango Yogurt		Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Grilled Peppers & Zucchini Chocolate Cake	
		WHEAT SESAME SOY		EGG DAIRY WHEAT SOY		DAIRY WHEAT SESAME SOY		EGG DAIRY WHEAT SOY	
		Calorie 906kcal Protein 39.2g		Calorie 929kcal Protein 25.6g		Calorie 730kcal Protein 39.7g		Calorie 943kcal Protein 33.7g	
11		12		13		14		Teachers Day 15	
(V) Vegetarian Curry White Rice Green Peas w. Carrots Steamed Corn Mix Fruits		Teriyaki Fish (V) Teriyaki Tofu White Rice Steamed Broccoli Eggplant w. Mushrooms Fruit Cobbler		Basil Chicken (V) Mushroom & Green Bean Stew White Rice Roasted Asparagus Parmesan Sautéed Carrots Caramel Pudding		Juicy Beef Burgers (V) Grilled Vegetable Burgers Onion Rings w. Fried Potato Green Beans Burger Salad - Lettuce, Onion, Tomato Orange Wedges		Chicken Karaage (V) Tofu Karaage White Rice Wok Seared Broccoli & Cauliflower Tamagoyaki Grape Jelly	
DAIRY WHEAT SESAME SOY		DAIRY WHEAT FISH SOY		EGG DAIRY WHEAT		EGG DAIRY WHEAT SOY		EGG WHEAT SESAME SOY	
Calorie 735kcal Protein 19.1g		Calorie 735kcal Protein 34.4g		Calorie 868kcal Protein 36.6g		Calorie 803kcal Protein 27.9g		Calorie 772kcal Protein 38.6g	
18		19		20		21		22	
(V) Pizza Margherita Pesto Pasta Steamed Carrots Mix Mushrooms & Beans Brownie		Stir Fry Chicken & Vegetables (V) Stir Fry Vegetables w. Tofu White Rice Gyoza (V) Bok Choy Wok Seared Cabbage w. Mushrooms Goma Dango		Tonkatsu w. Shredded Cabbage (V) Tofu Katsu w. Shredded Cabbage White Rice Carrot Coins Snap Peas Carrot Cake		CK Made w. Love Roasted Chicken (V) Cuisine Natural Lentils w. Vegetables White Rice Broccoli Cauliflower w. Carrots Banana		Beef Lasagna (V) Vegetable Lasagna Focaccia Green Peas Roasted Vegetables Pineapple	
EGG DAIRY WHEAT SOY		WHEAT SESAME SOY		EGG DAIRY WHEAT SESAME SOY		DAIRY WHEAT		EGG DAIRY WHEAT SOY	
Calorie 818kcal Protein 22.5g		Calorie 843kcal Protein 28.3g		Calorie 921kcal Protein 30.8g		Calorie 823kcal Protein 38.6g		Calorie 911kcal Protein 36.8g	
25		26		27		28		29	
(V) Shio Yakisoba White Rice Sweet Corm Spinach Ohitashi Fruits Shiratama		Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Roasted Carrots Peach Jelly		Fish Fingers (V) Chick Pea Fingers Mac N Cheese / White Rice Roasted Peppers Steamed Broccoli Fruit Yogurt		Salisbury Steak w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi Mashed Potatoes Mix Mushrooms w. Onions Green Beans Melon		European Pork Stew (V) Tomato & Vegetable Pasta Pene Pasta Roasted Pumpkin Zucchini w. Eggplant Mix Fruits	
EGG DAIRY WHEAT SESAME SOY		EGG DAIRY WHEAT		DAIRY WHEAT FISH SOY		EGG DAIRY WHEAT		DAIRY WHEAT	
Calorie 739kcal Protein 18.0g		Calorie 833kcal Protein 37.1g		Calorie 858kcal Protein 41.7g		Calorie 767kcal Protein 37.7g		Calorie 803kcal Protein 31.9g	

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.