

June 2026										CEZARS TM KITCHEN										Seisen International School									
Monday						Tuesday						Wednesday						Thursday						Friday					
1						2						3						4						Doughnut Day 5					
Fish Bites w. Herb Yogurt Sauce (V) Tofu Nuggets Rice Herbed Potato Cubes Mixed Salad Drink Banana						Japanese Beef Curry (V) Potato Curry Rice Sautéed Spinach w. Garlic Mixed Salad Drink Agepan (Japanese Fried Sugar Bread)						Adobo Chicken - Filipino Style (V) Adobo Tofu - Filipino Style Rice Harusame Veggie Noodles Mixed Salad Drink Fruit Jelly						Roast Pork (V) Lentil Roulade Rice Cauliflower Gratin Mixed Salad Drink Orange Wedges						Cheesy Chicken Lasagna (V) Mushroom Delight Lasagna Garlic Bread Steamed Broccoli Mixed Salad Drink Brigadeiro Custard (Chocolate)					
EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY			WHEAT		FISH	SOY			WHEAT			SOY	EGG	DAIRY	WHEAT			SOY
Calorie	883kcal	Protein	35.5g			Calorie	960kcal	Protein	29.4g			Calorie	834kcal	Protein	40.1g			Calorie	890kcal	Protein	34.5g			Calorie	844kcal	Protein	39.3g		
8						Meat-Free Day 9						10						11						12					
Burger Steak w. Demi Glace Sauce (V) Tofu Burger Steak w. Demi Glace Sauce Rice Steamed Carrots & Broccoli Mixed Salad Drink Apple Crumble						(V) Plant-Based Mapo Tofu Rice / Brown Rice Stir-fried Mixed Vegetables (Carrot, Bell Pepper, Bean Sprouts) Mixed Salad Drink Strawberry Yogurt						Chicken Fajita Tacos w. Bell Peppers & Onions (V) Mexico-Style Veggie Tacos Tortillas Roast Corn Mixed Salad Drink Churros Bites – Cinnamon Sugar						Spaghetti Bolognese (V) Spaghetti w. Marinara Sauce Focaccia Garlic Broccoli Mixed Salad Drink Chocolate Cake						No School					
EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY						
Calorie	854kcal	Protein	28.0g			Calorie	784kcal	Protein	27.8g			Calorie	825kcal	Protein	48.9g			Calorie	873kcal	Protein	33.3g								
15						16						17						18						19					
Summer School						Summer School						Summer School						Summer School						Summer School					
22						23						24						25						26					
Summer School						Summer School						Summer School						Summer School						Summer School					
29						30																		29					
Summer School						Summer 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.