

Summer School 2026

CEZARS

KITCHEN

Seisen International School

| Monday                           |       |       |  |  |     | Tuesday                    |       |       |       |  |     | Wednesday                             |       |       |  |     |     | Thursday                                  |       |        |      |     |  | Friday                                |       |       |        |  |     |
|----------------------------------|-------|-------|--|--|-----|----------------------------|-------|-------|-------|--|-----|---------------------------------------|-------|-------|--|-----|-----|-------------------------------------------|-------|--------|------|-----|--|---------------------------------------|-------|-------|--------|--|-----|
| 6/15                             |       |       |  |  |     | 6/16                       |       |       |       |  |     | 6/17                                  |       |       |  |     |     | 6/18                                      |       |        |      |     |  | 6/19                                  |       |       |        |  |     |
| Spaghetti Bolognese (Beef)       |       |       |  |  |     | Tandoori Chicken           |       |       |       |  |     | Braised Pork w. Onion                 |       |       |  |     |     | Chicken Cacciatori                        |       |        |      |     |  | Menchi-Katsu (Deep Fried Ground Meat) |       |       |        |  |     |
| (V) Spaghetti w. Caponata        |       |       |  |  |     | (V) Tandoori Tofu          |       |       |       |  |     | (V) Chickpeas in Tomato & Herb Sauce  |       |       |  |     |     | (V) Mushrooms Cacciatore in Creamy Sauce  |       |        |      |     |  | (V) Soy Meat & Tofu Meatballs         |       |       |        |  |     |
| Focaccia                         |       |       |  |  |     | Flour Tortilla             |       |       |       |  |     | Rice                                  |       |       |  |     |     | Mashed Potatoes                           |       |        |      |     |  | Rice                                  |       |       |        |  |     |
| Grilled Italian Vegetable Mix    |       |       |  |  |     | Roast Potatoes             |       |       |       |  |     | Steamed Kabocha Squash                |       |       |  |     |     | Steamed Cauliflower                       |       |        |      |     |  | Braised Cabbage                       |       |       |        |  |     |
| Mixed Salad                      |       |       |  |  |     | Mixed Salad                |       |       |       |  |     | Mixed Salad                           |       |       |  |     |     | Mixed Salad                               |       |        |      |     |  | Mixed Salad                           |       |       |        |  |     |
| Drink                            |       |       |  |  |     | Drink                      |       |       |       |  |     | Drink                                 |       |       |  |     |     | Drink                                     |       |        |      |     |  | Drink                                 |       |       |        |  |     |
| Banana                           |       |       |  |  |     | Vanilla Yogurt             |       |       |       |  |     | Apple Wedges                          |       |       |  |     |     | Orange Cake                               |       |        |      |     |  | Panna Cotta                           |       |       |        |  |     |
|                                  | DAIRY | WHEAT |  |  | SOY |                            | DAIRY | WHEAT |       |  | SOY |                                       |       |       |  | SOY |     | DAIRY                                     | WHEAT | SESAME |      | SOY |  | EGG                                   | DAIRY | WHEAT | SESAME |  | SOY |
| 6/22                             |       |       |  |  |     | 6/23                       |       |       |       |  |     | 6/24                                  |       |       |  |     |     | 6/25                                      |       |        |      |     |  | 6/26                                  |       |       |        |  |     |
| Butter Chicken Curry             |       |       |  |  |     | Beef Parmigiana            |       |       |       |  |     | Yakitori (Chicken Skewer)             |       |       |  |     |     | Tuna Pasta w. Tomato Cream Sauce & Olives |       |        |      |     |  | Chicken Lasagna                       |       |       |        |  |     |
| (V) Tomato Curry                 |       |       |  |  |     | (V) Tofu Parmigiana Fillet |       |       |       |  |     | (V) Vegetarian Skewers                |       |       |  |     |     | (V) Pasta w. Creamy Tomato Sauce          |       |        |      |     |  | (V) Vegetarian Lasagna                |       |       |        |  |     |
| Yellow Rice                      |       |       |  |  |     | French Fries               |       |       |       |  |     | Onigiri (Salted Rice Ball w. Seaweed) |       |       |  |     |     | Garlic Cheese Bread                       |       |        |      |     |  | Focaccia                              |       |       |        |  |     |
| Steamed Corn                     |       |       |  |  |     | Roasted Vegetables         |       |       |       |  |     | Grilled Shishito Peppers              |       |       |  |     |     | Roasted Corn                              |       |        |      |     |  | Steamed Broccoli                      |       |       |        |  |     |
| Mixed Salad                      |       |       |  |  |     | Mixed Salad                |       |       |       |  |     | Mixed Salad                           |       |       |  |     |     | Mixed Salad                               |       |        |      |     |  | Mixed Salad                           |       |       |        |  |     |
| Drink                            |       |       |  |  |     | Drink                      |       |       |       |  |     | Drink                                 |       |       |  |     |     | Drink                                     |       |        |      |     |  | Drink                                 |       |       |        |  |     |
| Lassi                            |       |       |  |  |     | Chocolate Custard Cream    |       |       |       |  |     | Orange Wedges                         |       |       |  |     |     | Coconut Tapioca                           |       |        |      |     |  | Caramelized Banana Cake               |       |       |        |  |     |
|                                  | DAIRY |       |  |  | SOY |                            | EGG   | DAIRY | WHEAT |  | SOY |                                       |       | WHEAT |  | SOY |     | DAIRY                                     | WHEAT |        | FISH | SOY |  | EGG                                   | DAIRY | WHEAT |        |  | SOY |
| 6/29                             |       |       |  |  |     | 6/30                       |       |       |       |  |     | 7/1                                   |       |       |  |     |     | 7/2                                       |       |        |      |     |  | 7/3                                   |       |       |        |  |     |
| Kung Pao Chicken                 |       |       |  |  |     | Japanese Pork Curry        |       |       |       |  |     | Beef Stroganoff                       |       |       |  |     |     | Chicken Karaage                           |       |        |      |     |  | Pizza Day (Pepperoni & Margherita)    |       |       |        |  |     |
| (V) Vegetarian Kung Pao          |       |       |  |  |     | (V) Tofu Curry             |       |       |       |  |     | (V) Shitake Stroganoff                |       |       |  |     |     | (V) Tofu Croquette                        |       |        |      |     |  | (V) Pizza Day (Margherita)            |       |       |        |  |     |
| Rice                             |       |       |  |  |     | Rice                       |       |       |       |  |     | Rice                                  |       |       |  |     |     | Rice                                      |       |        |      |     |  | Pizza                                 |       |       |        |  |     |
| Grilled Vegetables               |       |       |  |  |     | Sautéed Spinach            |       |       |       |  |     | Steamed Peas                          |       |       |  |     |     | Spinach Ohitashi                          |       |        |      |     |  | Eggplant Caponata                     |       |       |        |  |     |
| Mixed Salad                      |       |       |  |  |     | Mixed Salad                |       |       |       |  |     | Mixed Salad                           |       |       |  |     |     | Mixed Salad                               |       |        |      |     |  | Mixed Salad                           |       |       |        |  |     |
| Drink                            |       |       |  |  |     | Drink                      |       |       |       |  |     | Drink                                 |       |       |  |     |     | Drink                                     |       |        |      |     |  | Drink                                 |       |       |        |  |     |
| Age-pan (Deep Fried Bread Rolls) |       |       |  |  |     | Fruits Jelly               |       |       |       |  |     | Orange Wedges                         |       |       |  |     |     | Fruit Jelly                               |       |        |      |     |  | Chocolate Cake                        |       |       |        |  |     |
| EGG                              | DAIRY | WHEAT |  |  | SOY |                            | DAIRY | WHEAT |       |  | SOY |                                       | DAIRY | WHEAT |  | SOY | EGG | DAIRY                                     | WHEAT | SESAME | FISH | SOY |  | EGG                                   | DAIRY | WHEAT |        |  | SOY |

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.