

August 2026										CEZARS TM KITCHEN										Seisen International School									
Monday					Tuesday					Wednesday					Thursday					Friday									
3					4					5					6					7									
Summer Holiday					Summer Holiday					Summer Holiday					Summer Holiday					Summer Holiday									
10					11					12					13					14									
Summer Holiday					Summer Holiday					Summer Holiday					Summer Holiday					Summer Holiday									
17					18					19					20					21									
Summer Holiday					Summer Holiday					Summer Holiday					Summer Holiday					Summer Holiday									
24					25					26					27					28									
Japanese Beef Curry (V) Potato Curry Rice Roast Potato Mixed Salad Bar & Condiments Soft Drinks Banana					Roast Chicken w. Herbs (V) Spinach & Cheese Omelette Rice Glazed Carrots & Broccoli Mixed Salad Bar & Condiments Soft Drinks Orange Wedges					Fish Katsu w. Tartar Sauce (V) Vegetable Croquette Rice Edamame Mixed Salad Bar & Condiments Soft Drinks Fruit Jelly					Spaghetti Bolognese (V) Spaghetti w. Marinara Sauce Focaccia Garlic Broccoli Mixed Salad Bar & Condiments Soft Drinks Chocolate Cake					Chicken Fajita Taco (V) Mexico-Style Veggie Tacos Tortillas Roast Corn Mixed Salad & Sour Cream , Guacamole, Salsa Soft Drinks Banana Pudding									
	DAIRY	WHEAT		SOY		DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT		SOY			
Calorie		854kcal	Protein	26.0g	Calorie		963kcal	Protein	41.0g	Calorie		890kcal	Protein	39.7g	Calorie		873kcal	Protein	33.3g	Calorie		873kcal	Protein	49.4g					
31																													
Butter Chicken Curry (V) Tomato Curry Yellow Rice Roasted Pumpkin (Kabocha) Mixed Salad Bar & Condiments Soft Drinks Mango Lassi																													
	DAIRY	WHEAT		SOY																									
Calorie		862kcal	Protein	42.5g																									

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.