

September 2026



International School of
the Sacred Heart

Monday						Tuesday						Wednesday						Thursday						Friday																				
						1						Coconut Day 2						3						4																				
						Roasted Chicken w. Leek & White Wine Sauce (V) Vegetable Stew w. Beans White Rice Carrot Coins Steamed Cauliflower Mandarins						Baked Whitefish in a Citrus Sauce (V) Crispy Tofu in Citrus Sauce White Rice Japanese Potato Salad Steamed Broccoli Coconut Lemon Cake						Chicken Tacos w. Tortilla (V) Vegetable Bean Taco w. Tortilla White Rice Mix Peppers w. Onion Sweet Corn w. Green Peas Caramel Flan						Hayashi Beef (V) Vegetable & Tofu Curry White Rice Croquettes Boiled Green Beans Mix Fruits (Pear, Peach, Pineapple, Grape, & Cherry)																				
						EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY															
						Calorie	701kcal	Protein	27.5g							Calorie	914kcal	Protein	34.6g							Calorie	864kcal	Protein	40.6g							Calorie	877kcal	Protein	28.3g					
7						8						9						10						11																				
(V) Vegetarian Harusame w. Aburaage White Rice Steamed Snap Peas Daikon Nimono Brownie						Creamy Pasta w. Bacon (V) Pasta w. Creamy Vegetable Sauce Focaccia Pan Seared Garbanzo w. Pesto & Mixed Peppers Steamed Broccoli Orange						Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Sesame Noodles Stir Fry Vegetables Berry Yogurt						Beef Lasagna (V) Vegetable Lasagna Garlic Bread Steamed Green Beans Grilled Peppers Fruit Crumble						Tandoori Chicken (V) Falafel w. Tzatziki Sauce White Rice Roast Curried Pumpkin Spinach w. Lemon Zest Jelly																				
EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT					DAIRY				SOY															
Calorie						726kcal	Protein	21.9g	Calorie						783kcal	Protein	22.4g	Calorie						793kcal	Protein	43.3g	Calorie						867kcal	Protein	34.0g	Calorie						760kcal	Protein	57.1g
14						15						16						17						18																				
(V) Margherita Pizza Garlic Spaghetti Steamed Broccoli Boiled Green Beans Banana						Karaage Chicken (V) Tofu Karaage White Rice Spinach Ohitashi Kimpira Gobo Carrot Cake						Baked Fish w. Lemon Sauce (V) Vegetable Sesame Noodles w. Tofu White Rice Sautéed Mushrooms w. Onion Steamed Grilled Cauliflower Jelly						BBQ Chicken (V) BBQ Crispy Tofu White Rice Steamed Green Beans Roasted Zucchini & Eggplant Vanilla Cake						Frutti Di Mare Pasta (V) Spaghetti w. Asparagus & Beans Herb Rolls Grilled Zucchini Roast Mix Peppers Pavlova																				
	DAIRY	WHEAT				EGG	DAIRY	WHEAT	SESAME		SOY		DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT		FISH																
Calorie						780kcal	Protein	24.5g	Calorie						837kcal	Protein	41.6g	Calorie						751kcal	Protein	27.6g	Calorie						938kcal	Protein	33.9g	Calorie						855kcal	Protein	27.0g
21						22						23						24						25																				
No School						Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Vegetable Makhani Turmeric Cauliflower Mango Yogurt						Shogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Stewed Japanese Vegetables Sauteed Cabbage Sliced Oranges w. Honey & Lemon						Mandarin Chicken (V) Sweet & Sour Tofu White Rice Stir Fry Broccoli w. Peppers Snow Peas Fruit Ambrosia						Spaghetti Beef Bolognaise (V) Soy Meat Bolognese Pasta Fresh Baked Bread Roasted Pumpkin Baked Zucchini w. Eggplant Blueberry Cake																				
							DAIRY	WHEAT						WHEAT			SOY		DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT																		
						Calorie	899kcal	Protein	35.0g							Calorie	817kcal	Protein	27.5g							Calorie	844kcal	Protein	34.6g							Calorie	955kcal	Protein	34.1g					
28						29						30																																
(V) Vegetarian Curry w. Soy Meat White Rice Sauteed Cabbage Eggplant Ohitashi Fruits Shiratama						Beef Stroganoff (V) Mushroom & Vegetable Stroganoff Parsley Buttered Noodles Sweet Corn Roast Carrots Fruit Salad						Pork Bulgogi (V) Bibimbap Vegetables w. Tofu White Rice Sautéed Asparagus Vegetable Namuru Jelly																																
	DAIRY	WHEAT			SOY		DAIRY	WHEAT						WHEAT	SESAME		SOY																											
Calorie						912kcal	Protein	27.8g	Calorie						764kcal	Protein	24.4g	Calorie						775kcal	Protein	26.5g																		

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.