

September 2026



Seisen International School

Monday						Tuesday						Wednesday						Thursday						Friday					
						1						Coconut Day 2						3						Meat-Free Day 4					
						Spaghetti Bolognese (V) Spaghetti w. Marinara Sauce Focaccia Garlic Broccoli Mixed Salad Bar & Condiments Soft Drinks Chocolate Cake						Adobo Chicken - Filipino Style (V) Adobo Tofu - Filipino Style Rice Harusame Veggie Noodles Mixed Salad Bar & Condiments Soft Drinks Coconut Macaroon						Pork Hoikoro (V) Vegetarian Hoikoro Rice Garlic Bok Choy Mixed Salad Bar & Condiments Soft Drinks Banana Fritters						(V) Creamy Cheese Lasagna w. Spinach Garlic Bread Steamed Broccoli Mixed Salad Bar & Condiments Soft Drinks Honey Yogurt					
						EGG	DAIRY	WHEAT			SOY	EGG		WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY
						Calorie 873kcal Protein 33.3g						Calorie 857kcal Protein 40.1g						Calorie 877kcal Protein 21.3g						Calorie 729kcal Protein 33.6g					
7						8						9						10						11					
Shogayaki (Pork Ginger) (V) Tofu Shogayaki Rice Sautéed Bell Peppers w. Garlic Mixed Salad Bar & Condiments Soft Drinks Apple Crumble						Chicken Strips w. Ranch Sauce (V) Tofu Nuggets w. Ranch Rice Sautéed Potatoes Mixed Salad Bar & Condiments Soft Drinks Banana Pudding						Hiyashi Chuka- Chilled Ramen (Ham & Kani) (V) Hiyashi Chuka Ramen Noodles Cucumber, Cherry Tomatoes & Japanese Omelette Mixed Salad Bar & Condiments Soft Drinks Mikan Jelly						Tandoori Chicken (V) Tandoori Tofu Rice Roast Corn Mixed Salad Bar & Condiments Soft Drinks Strawberry Yogurt						CK Juicy Burger (V) CK Veggie Burger Cheddar Fries Caramelized Onions Mixed Salad Bar & Condiments Soft Drinks Orange Wedges					
	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY		DAIRY				SOY	EGG	DAIRY	WHEAT			SOY
Calorie 901kcal Protein 36.0g						Calorie 991kcal Protein 38.5g						Calorie 628kcal Protein 29.0g						Calorie 755kcal Protein 44.9g						Calorie 981kcal Protein 35.2g					
14						15						16						17						18					
Butter Chicken Curry (V) Tomato Curry Yellow Rice Roasted Pumpkin (Kabocha) Mixed Salad Bar & Condiments Soft Drinks Mango Lassi						Fish Bites w. Herb Yogurt Sauce (V) Tofu Nuggets Rice Herbed Potato Cubes Mixed Salad Bar & Condiments Soft Drinks Banana						Chicken Cacciatore (V) Chickpea Cacciatore Rice Steam Broccoli Mixed Salad Bar & Condiments Soft Drinks Carrot Cake						Beef Roulade w. Demi Glace sauce (V) Spinach & Cheese Omelette Rice Caramelized Carrots Mixed Salad Bar & Condiments Soft Drinks Fruit Yogurt						Chicken Karaage (V) Vegetable Croquette Rice Edamame Mixed Salad Bar & Condiments Soft Drinks Fruit Jelly					
	DAIRY				SOY	EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY			WHEAT	SESAME		SOY
Calorie 862kcal Protein 42.5g						Calorie 883kcal Protein 35.5g						Calorie 846kcal Protein 32.1g						Calorie 843kcal Protein 32.2g						Calorie 875kcal Protein 32.5g					
21						22						23						24						25					
No-classes						Pork Katsudon (V) Agedashi Tofu Rice Steamed Kabocha Mixed Salad Bar & Condiments Soft Drinks Orange Wedges						Chicken Parmesan (V) Tofu Parmesan Mashed Potatoes Creamed Corn & Spinach Mixed Salad Bar & Condiments Soft Drinks Vanilla Yogurt						Beef Stroganoff (V) Creamy Veggie Stroganoff Rice Zucchini Sautéed w. Garlic Mixed Salad Bar & Condiments Soft Drinks Apple Cake						No-classes					
						EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY						
						Calorie 855kcal Protein 29.9g						Calorie 748kcal Protein 48.2g						Calorie 919kcal Protein 29.3g											
28						29						30																	
Fish Katsu w. Tartar Sauce (V) Vegetable Croquette Rice Edamame Mixed Salad Bar & Condiments Soft Drinks Orange Wedges						Japanese Beef Curry (V) Potato Curry Rice Roast Potato Mixed Salad Bar & Condiments Soft Drinks Strawberries Yogurt						Roast Chicken w. Herbs (V) Spinach & Cheese Omelette Rice Glazed Carrots & Broccoli Mixed Salad Bar & Condiments Soft Drinks Fruit Jelly																	
EGG	DAIRY	WHEAT		FISH	SOY		DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY												
Calorie 843kcal Protein 38.7g						Calorie 871kcal Protein 28.6g						Calorie 976kcal Protein 42.2g																	

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.