

October 2026



International School of
the Sacred Heart

Monday						Tuesday						Wednesday						Thursday						Friday						
																		1						2						
																		Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Stir Fried Noodles Spinach Goma-ae Oranges						Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Steamed Cauliflower w. Broccoli Grilled Peppers Melon						
																	DAIRY	WHEAT	SESAME		SOY		EGG	DAIRY	WHEAT			SOY		
																		Calorie 773kcal Protein 32.6g						Calorie 801kcal Protein 35.2g						
Teacher's Day 5						6						7						8						9						
(V)Roast Vegetable Pasta Primavera Fresh Baked Bread Roasted Broccoli Fresh Salad w. Dressing Mix Fruits						Fish Fingers (V) Chick Pea Fingers White Rice Steamed Green Peas w. Sweet Corn Cucumbers w. Tomatoes Salad Carrot Cake						Coconut Chicken Curry (V) Vegetable Curry w. Tofu White Rice Sauteed Spinach Spring Rolls (V) Moyashi Namul Mango Yoghurt						Stir Fry Pork w. Peppers (V) Vegetable & Tofu Stir Fry White Rice Harusame Salad Sti Fried Sweet Corn Fruits Crumble						Spaghetti Bolognese (V)Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Steamed Broccoli Brownie						
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			FISH	SOY		DAIRY	WHEAT	SESAME		SOY		DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY
Calorie 777kcal Protein 24.3g						Calorie 823kcal Protein 31.0g						Calorie 925kcal Protein 29.1g						Calorie 860kcal Protein 21.4g						Calorie 979kcal Protein 34.9g						
12						13						14						15						16						
No School						No School						No School						No School						No School						
19						20						21						22						23						
(V) Margherita Pizza Pepperoncini Pasta Zucchini w. Eggplant in Pesto Sauce Roasted Carrots Banana						Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes Simmered Snap Pea Orange						Spaghetti w. Bacon in Creamy Sauce (V) Spaghetti w. Creamy Vegetable Sauce Herb Bread Grilled Zucchini Mushroom w. Onions Chocolate Cake						CK Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Steamed Green Beans Burger Salad - Lettuce, Tomato, Onion Mikan						Butter Chicken Curry (V) Vegetable Curry White Rice Curried Roasted Pumpkin Turmeric Cauliflower Pineapple						
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME		SOY		DAIRY	WHEAT			SOY	
Calorie 749kcal Protein 21.3g						Calorie 842kcal Protein 28.0g						Calorie 852kcal Protein 21.7g						Calorie 803kcal Protein 27.9g						Calorie 740kcal Protein 29.4g						
26						27						28						29						Halloween 30						
(V) Japanese Vegetable Curry White Rice Eggplant Agebitashi Tater Tots Tea Jelly Tapioca						Roast Chicken w. White Gravy (V) Tofu Meunier Mashed Potato Roasted Mix Vegetables Asparagus w. Lemon Peppers Caramel Flan						Hayashi Beef (V) Crispy Tofu w. Hayashi Sauce White Rice Oden Style Vegetables Snap Peas Mix Fruits						Karaage Chicken (V) Tofu Karaage White Rice Sauteed Cabbage Spinach Ohitashi Shiratama Mikan						Witch’s Cauldron Pork Stew (V) Monster’s Garden Bean Stew Graveyard Spuds & Creepy Sprouts Spider’s Green Fingers Grinning Jack O’Lantern Wicked Witch Fingers						
	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY			WHEAT			SOY			WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY	
Calorie 811kcal Protein 12.3g						Calorie 764kcal Protein 51.3g						Calorie 826kcal Protein 29.0g						Calorie 801kcal Protein 46.8g						Calorie 817kcal Protein 28.8g						

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.