

October 2026



Seisen International School

Monday						Tuesday						Wednesday						Thursday						Friday								
																		1						2								
																		Pork Hoikoro (V) Vegetarian Hoikoro White Rice Garlic Bok Choy Mixed Salad Bar & Condiments Soft Drinks Banana Fritters						Chicken Lasagna (V) Mushroom Lasagna Focaccia Steamed Vegetables Mixed Salad Bar & Condiments Soft Drinks Orange Wedges								
																		EGG	DAIRY	WHEAT	SESAME		SOY			EGG	DAIRY	WHEAT			SOY	
																		Calorie873kcalProtein20.9g						Calorie834kcalProtein37.2g								
5						6						7						8						9								
Fish Katsu w. Tartar Sauce (V) Vegetable Croquettes White Rice Creamy Corn w. Kale Mixed Salad Bar & Condiments Soft Drinks Orange Wedges						Chicken Karahi (V) Vegetarian Karahi White Rice Roasted Potato Mixed Salad Bar & Condiments Soft Drinks Mango Yogurt						Spaghetti Bolognese (V) Spaghetti w. Marinara Sauce Focaccia Garlic Broccoli Mixed Salad Bar & Condiments Soft Drinks Chocolate Cake						Shogayaki (Pork Ginger) (V) Tofu Shogayaki White Rice Stir Fried Cabbage & Onion Mixed Salad Bar & Condiments Soft Drinks Fruit Jelly						Chicken Fajita Tacos (V) Mexico Style Veggie Tacos Tortillas Roasted Corn Mixed Salad Bar & Condiments Soft Drinks Banana Pudding								
	EGG	DAIRY	WHEAT		FISH	SOY		DAIRY			SOY		EGG	DAIRY	WHEAT			SOY			WHEAT	SESAME		SOY			DAIRY	WHEAT			SOY	
Calorie766kcalProtein33.6g						Calorie784kcalProtein27.9g						Calorie873kcalProtein33.3g						Calorie838kcalProtein36.1g						Calorie864kcalProtein33.9g								
12						13						14						15						16								
AUTUMM BREAK						AUTUMM BREAK						AUTUMM BREAK						AUTUMM BREAK						AUTUMM BREAK								
19						20						21						22						23								
Chicken Pasta w. Tomato Sauce (V) Vegetable Pasta w. Tomato Sauce & Mozzarella Garlic Bread Mixed Seasonal Vegetables Mixed Salad Bar & Condiments Soft Drinks Banana						Fish Bites w. Herb Yogurt Sauce (V) Tofu Nuggets White Rice Potato Wedges Mixed Salad Bar & Condiments Soft Drinks Orange Cake						Roast Chicken w. Herbs (V) Spinach & Cheese Omelette White Rice Steamed Mixed Vegetables Mixed Salad Bar & Condiments Soft Drinks Fruit Jelly						Japanese Beef Curry (V) Potato Curry White Rice Sautéed Spinach w. Garlic Mixed Salad Bar & Condiments Soft Drinks Orange Wedges						House Day								
		DAIRY	WHEAT			SOY		EGG	DAIRY	WHEAT		FISH	SOY		EGG	DAIRY				WHEAT			SOY									
Calorie743kcalProtein31.1g						Calorie962kcalProtein30.3g						Calorie922kcalProtein41.6g						Calorie908kcalProtein29.1g														
26						27						28						29						Halloween 30								
Butter Chicken Curry (V) Tomato Curry Yellow White Rice Roasted Pumpkin & Seasonal Vegetables Mixed Salad Bar & Condiments Soft Drinks Lassi (Yogurt Drink)						Pork Yakisoba (V) Veg Yakisoba Gyoza (Alt: Vegetarian) Bean Sprouts w. Light Soy Sauce Mixed Salad Bar & Condiments Soft Drinks Mikan Jelly						Beef Stroganoff (V) Creamy Veggie Stroganoff White Rice French Fries Mixed Salad Bar & Condiments Soft Drinks Apple Cake						Roast Pork w. Herbs (V) Roasted Lentil Roulade w. Cheese White Rice Lentils w. Herbs & Vegetables Mixed Salad Bar & Condiments Soft Drinks Orange Wedges						Spooky Beef Taco Rice (V) Vegetarian Taco Rice Crispy Tortilla Chips & Salsa Mexican Roasted Bell Peppers & Corn Monster Garden Salad Soft Drinks Soot Sprite Brigadeiros								
		DAIRY				SOY		EGG	DAIRY	WHEAT	SESAME		SOY		EGG	DAIRY	WHEAT			SOY			DAIRY			SOY		DAIRY	WHEAT			SOY
Calorie862kcalProtein42.5g						Calorie702kcalProtein33.2g						Calorie912kcalProtein30.4g						Calorie987kcalProtein43.2g						Calorie857kcalProtein33.4g								



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.
Dessert is optional for the Buffet Basic Plan