

November 2026



Seisen International School

Monday						Tuesday						Wednesday						Thursday						Friday																													
2						3						4						5						Diwali 6																													
No School						Pork Hoikoro (V) Vegetarian Hoikoro White Rice Goya Champuru (Stir Fried Bitter Melon) Mixed Salad Bar & Condiments Soft Drinks Banana						Shell Pasta w. Chicken & Tomato Sauce (V) Shell Pasta w. Marinara Sauce Baguette Seasonal Mixed Vegetables Mixed Salad Bar & Condiments Soft Drinks Apple Crumble						Hamburg Steak w. Demi-Glace Sauce (V) Vegetarian Tofu Burger Steak w. Cheese White Rice Steamed Broccoli & Baby Carrots Mixed Salad Bar & Condiments Soft Drinks Orange Wedges						Creamy Chicken Curry (Chicken Reshmi Handi) (V) Creamy Paneer Curry (Paneer Reshmi Handi) Cumin Rice Tandoori Roasted Cauliflower Mixed Salad Bar & Condiments Soft Drinks Kheer (Indian Rice Pudding)																													
						EGG				WHEAT		SESAME				SOY		EGG		DAIRY		WHEAT						SOY				DAIRY		WHEAT						SOY													
						Calorie		890kcal		Protein		15.4g		Calorie		842kcal		Protein		35.2g		Calorie		809kcal		Protein		34.2g		Calorie		894kcal		Protein		39.7g		Calorie		890kcal		Protein		34.2g									
						16						17						18						19						20																							
						Spaghetti w. Chicken Meatballs (V) Spaghetti w. Marinara Sauce Brazilian Rice Fritters Roasted Zucchini & Bell Peppers Mixed Salad Bar & Condiments Soft Drinks Chocolate Brigadeiro Custard						Cassoulet (Pork & White Bean Stew) (V) Vegetarian Cassoulet Garlic Bread Sautéed Garlic Green Beans & Carrots Mixed Salad Bar & Condiments Soft Drinks Orange Wedges						Tandoori Chicken (V) Tandoori Tofu White Rice Roasted Pumpkin Mixed Salad Bar & Condiments Soft Drinks Strawberry Yogurt						Fish Bites w. Herb Yogurt Sauce (V) Tofu Nuggets White Rice Steamed Broccoli Mixed Salad Bar & Condiments Soft Drinks Chocolate Cake						Chicken Karaage (V) Vegetable Tempura White Rice Daikon Simmered in Miso Sauce Mixed Salad Bar & Condiments Soft Drinks Fruit Jelly																							
EGG		DAIRY		WHEAT						SOY		EGG		DAIRY		WHEAT						SOY		EGG		DAIRY		WHEAT				FISH		SOY		EGG		DAIRY		WHEAT		SESAME				SOY							
Calorie				Protein								Calorie		872kcal		Protein		27.4g		Calorie		732kcal		Protein		42.4g		Calorie		946kcal		Protein		37.2g		Calorie		868kcal		Protein		30.0g											
23						No Classes for MS/HS 24						25						Thanksgiving 26						27																													
No School						Grilled Chicken Fillet (V) Grilled Tofu w. Lemon Caper Sauce White Rice Steamed Corn on the Cob Mixed Salad Bar & Condiments Soft Drinks Strawberry Yogurt						CK Juicy Burger (V) CK Veggie Burger French Fries w. Cheddar Cheese Sauce Homemade Tomato Relish Mixed Salad Bar & Condiments Soft Drinks Orange Wedges						Roast Chicken w. Gravy (V) Spinach & Cheese Lasagna Mashed Potatoes & Broccoli or Rice Roasted Carrots & Green Beans Mixed Salad Bar & Condiments Soft Drinks Pumpkin Pie						No School																													
								DAIRY								SOY		EGG		DAIRY		WHEAT												SOY		EGG		DAIRY		WHEAT													
						Calorie		926kcal		Protein		34.7g		Calorie		821kcal		Protein		33.9g		Calorie								836kcal		Protein		35.6g																			
						30																																															
						Butter Chicken Curry (V) Tomato Curry Yellow Rice Tandoori Roasted Sweet Potatoes, Cauliflower & Carrots Mixed Salad Bar & Condiments Soft Drinks Lassi (Yogurt Drink)																																															
		DAIRY										SOY												SOY																													
Calorie		902kcal		Protein		42.0g																																															

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