November 2026

CEZARS KITCHEN

International School of the Sacred Heart

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
P/T Conferences	P/T Conferences	Sweet & Sour Chicken (V) Sweet & Sour Vegetables & Tofu White Rice Gyoza (V) Garlic Spinach Soy Glazed Eggplant Milk Jelly	Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Steamed Cauliflower Fresh Fruits	Fish Fingers w. Tartar Sauce (V) Zucchini w. Lemon & Garbanzo White Rice Green Peas Stewed Cabbage Brownie
		DAIRY WHEAT SESAME SOY	DAIRY WHEAT SOY	EGG DAIRY WHEAT FISH SOY
		Calorie 817kcal Protein 31.5g	Calorie 826kcal Protein 33.9g	Calorie 893kcal Protein 31.2g
9	**10**	**11**	**12**	**13**
(V) Margherita Pizza Pesto Pasta Mediterranean Grilled Vegetables Fresh Salad w. Dressing Fruit Jelly	Japanese Pork Curry (V) Vegetarian Curry White Rice Green Peas Croquettes Mikan	Miso Chicken (V) Vegetarian Harusame White Rice Broccoli Gomae Vegetable Namuru (Spinach, Carrot, Moyashi) Fruit Crumble	Hayashi Beef (V) Edamame Stir Fry w. Sesame & Garlic White Rice Snap Peas Sautee Spinach Vanilla Cake	Cezars Roast Pork w. Gravy (V) Vegetarian Loaf w. Vegetable Demiglace White Rice Roasted Carrots Green Peas & Sweet Corn Caramelized Pears
DAIRY WHEAT SOY	EGG DAIRY WHEAT SESAME SOY	DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT SESAME SOY	DAIRY WHEAT SOY
Calorie 857kcal Protein 26.2g	Calorie 847kcal Protein 24.1g	Calorie 905kcal Protein 32.8g	Calorie 961kcal Protein 30.9g	Calorie 861kcal Protein 31.1g
16	**17**	**18**	**19**	**20**
(V) Pasta Pomodoro w. Soy Meat Fresh Baked Bread Grilled Zucchini Asparagus w. Lemon Pepper Banana	Chicken w. Paprika Sauce (V) Lentils Stew White Rice Green Beans Sauteed Mix Peppers Carrot Cake	Pork Tacos w. Tortilla (V) Vegetable Bean Tacos w. Tortilla White Rice Sweet Corn Mushrooms & Onions Pineapple	Chicken Vesuvio (V) Chick Peas in Pomodoro Roasted Potato Sauteed Broccoli Garlic Spinach Freshly Mixed Fruits	Japan Day 
DAIRY WHEAT SOY	EGG DAIRY WHEAT SOY	DAIRY WHEAT SOY	DAIRY WHEAT SOY	
Calorie 740kcal Protein 49.1g	Calorie 812kcal Protein 39.4g	Calorie 735kcal Protein 22.2g	Calorie 762kcal Protein 33.8g	
23	**24**	**25**	**26**	**Thanksgiving 27**
(V) Shio Yakisoba White Rice Japanese Pickles Grilled Eggplant Mixed Fruit	Chicken Karaage (V) Tofu Karaage White Rice Stir Fried Vegetables w. Baby Corn Sesame Noodles Salad Shiratama Red Beans	Teriyaki Pork (V) Teriyaki Tofu w. Daikon White Rice Edamame Gomae Croquettes / (V) Vege Spring Rolls Berry Yogurt	Baked Whitefish w. Lemon Sauce (V) Tofu Meunier White Rice Ratatouille Snap Peas Chocolate Cake	Cezars Traditional Roast Thanksgiving Fowl (V) Vegetarian Mushroom Wellington Mashed Sweet Potatoes Traditional Stuffing Green Bean Pumpkin Pie 
EGG WHEAT SOY	DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT SOY
Calorie 656kcal Protein 15.7g	Calorie 864kcal Protein 47.5g	Calorie 900kcal Protein 36.2g	Calorie 778kcal Protein 23.4g	Calorie 789kcal Protein 40.4g
30				
(V) Vegetable Curry White Rice Edamame Spinach Ohitashi Mikan				
DAIRY WHEAT SOY				
Calorie 743kcal Protein 15.6g				

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.