December 2026

CEZARS™ KITCHEN

International School of the Sacred Heart

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Creamy Pasta w. Bacon (V) Pasta w. Asparagus & Chickpeas Focaccia Grilled Zucchini Mixed Mushrooms w. Vegetables Sliced Oranges w. Honey & Lemon	Chicken Cacciatore (V) Beans & Mushroom Cacciatore Roasted Potatoes Pesto Cheese Eggplant Buttered Green Beans Brownie	Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Stewed Cabbage Sweet Corn Fresh Fruit w. Lime Zest	Teriyaki Chicken (V) Vegetarian Harusame w. Tofu White Rice Eggplant Agebitashi Green Peas w. Carrots Berry Yogurt
	DAIRY WHEAT SOY Calorie 850kcal Protein 24.5g	EGG DAIRY WHEAT SOY Calorie 849kcal Protein 32.6g	EGG DAIRY WHEAT FISH SOY Calorie 831kcal Protein 36.0g	DAIRY WHEAT SOY Calorie 739kcal Protein 32.3g
7	8	9	10	11
(V) Margherita Pizza Penne Primavera Mushrooms w. Peppers Fresh Herb Salad w. Dressing Mikan	Chicken Piccata w. Lemon & Capers (V) Cauliflower & White Beans Piccata Spaghetti Broccoli Roasted Vegetables Fruit Jelly	Shogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Stewed Japanese Vegetables Sauteed Cabbage Carrot Cake	Roast Chicken w. White Gravy (V) Tofu Meunier Mashed Potato Roasted Winter Vegetables Asparagus w. Lemon Peppers Mixed Friuts	Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Steamed Cauliflower Fruit Crumble
EGG DAIRY WHEAT SOY Calorie 839kcal Protein 27.9g	DAIRY WHEAT SOY Calorie 810kcal Protein 43.0g	EGG DAIRY WHEAT SOY Calorie 909kcal Protein 29.5g	DAIRY WHEAT SOY Calorie 857kcal Protein 49.6g	EGG DAIRY WHEAT SOY Calorie 854kcal Protein 31.6g
14	15	16	17	Happy Holiday Menu 18
(V) Vegetarian Japanese Curry w. Soy Meat White Rice Hashed Brown Wok Seared Greens Mixed Friuts	Baked Whitefish w. Lemon Sauce (V) Crispy Tofu in Citrus Sauce White Rice Edamame Sauteed Broccoli Peach Jelly	Chicken Karaage (V) Tofu Karaage White Rice Tamagoyaki Roasted Eggplant w. Zucchini Fresh Bananas	Pork Katsu w. Cabbage (V) Tofu Katsu w. Cabbage White Rice Snap Peas Carrot Coins Fruit Shiratama	Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Bread Cauliflower w. Broccoli Steamed Green Beans Chocolate Cream Cake
DAIRY WHEAT SOY Calorie 811kcal Protein 17.3g	DAIRY WHEAT FISH SOY Calorie 788kcal Protein 25.6g	EGG DAIRY WHEAT SOY Calorie 801kcal Protein 45.0g	EGG WHEAT SOY Calorie 917kcal Protein 31.7g	EGG DAIRY WHEAT SOY Calorie 896kcal Protein 36.7g
21	22	23	24	25
Winter Holiday	Winter Holiday	Winter Holiday	Winter Holiday	Winter Holiday
28	29	30	31	
Winter Holiday	Winter Holiday	Winter Holiday	Winter Holiday	

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.