January 2027

CEZARS KITCHEN

International School of the Sacred Heart

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Winter Holiday
4	5	6	7	8
Winter Holiday	Winter Holiday	Winter Holiday	Winter Holiday	Winter Holiday
Happy New Year Menu 11	12	13	14	15
(V) Spaghetti Pomodoro w. Lentil Fresh Baked Bread Roasted Asparagus Parmesan Sauteed Carrots Banana	Barbeque Chicken (V) Grilled Vegetable & White Beans Casserole White Rice Carrot Coins Sauteed Cabbage Berry Yoghurt	Cezars Roast Pork w. Gravy (V) Tofu Hamburg Baked Potato Sauteed Onions & Cauliflower Broccoli Chocolate Cake	Fish Fingers w. Tartar Sauce (V) Chickpea Fingers White Rice Spinach Green Peas Fruits Cobbler	Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Mixed Mushrooms w. Onion Burger Salad - Lettuce, Cucumber, Tomato Orange Wedges
DAIRY WHEAT SOY	DAIRY WHEAT SOY	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT SOY
Calorie 849kcal Protein 44.4g	Calorie 867kcal Protein 35.5g	Calorie 745kcal Protein 31.2g	Calorie 892kcal Protein 32.2g	Calorie 852kcal Protein 28.8g
18	19	20	21	22
(V) Margherita Pizza Pasta Pepperoncino Sweet Corn Salad Mikan	Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Sauteed Cabbage Sesame Green Beans Fruit Jelly	Creamy Pasta w. Bacon (V) Pasta w. Asparagus & Chickpeas Herb Bread Grilled Zucchini Mixed Mushrooms w. Vegetables Orange Cake	Crispy Sweet & Sour Chicken (V) Sweet & Sour Tofu White Rice Spring Rolls / (V) Fresh Spring Roll Wok Seared Broccoli Shiratama w. Red Beans	Hayashi Beef (V) Crispy Tofu w. Hayashi Sauce White Rice Oden Style Vegetables Snap Peas Pineapple
DAIRY WHEAT SOY	DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT SOY
Calorie 788kcal Protein 22.1g	Calorie 807kcal Protein 26.4g	Calorie 872kcal Protein 22.3g	Calorie 855kcal Protein 32.6g	Calorie 826kcal Protein 29.0g
25	26	27	28	29
No School	Chicken Coconut Curry (V) Thai Vegetarian Curry White Rice Garlic Spinach Mixed Peppers Mixed Fruits w. Tapioca	Pork Tacos w. Tortilla (V) Vegetable Bean Tacos w. Tortilla White Rice Sweet Corn Mushrooms & Onions Brownie	Miso Chicken (V) Miso Tofu White Rice Sweet Corn Vegetable Namul (Carrot, Spinach, Bean Sprout) Fruit Jelly	Japanese Pork Curry (V) Vegetarian Curry White Rice Green Peas Croquettes Mikan Yoghurt
	DAIRY WHEAT SOY	EGG DAIRY WHEAT SOY	WHEAT SESAME SOY	EGG DAIRY WHEAT SOY
	Calorie 877kcal Protein 26.6g	Calorie 889kcal Protein 24.2g	Calorie 888kcal Protein 32.8g	Calorie 883kcal Protein 26.8g

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.