

November 2020



St. Mary's International School

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Philippine All Saints Day Chicken Adobo (V) Vegetable Pancit White Rice Lumpia Spring Roll w. Dipping Sauce Komatsuna w. Garlic & Soy, Roasted Pumpkin Drink Sliced Pineapple	No School Parent Teacher Conference Day	Herb Chicken (V) Autumn Harvest Grilled Vegetables White Rice Asparagus w. Lemon Pepper Roasted Corn, Cherry Tomato Drink Apple Crumble	Teriyaki Roast Pork (V) Vegetable Yakisoba White Rice Snap Peas & Tamagoyaki Spring Rolls / (V) Stir Fry Harusame Drink Fresh Mikan	Salted Salmon (V) Vegetable Tempura White Rice Edamame Gomae Pumpkin Croquette & Japanese Pickles Drink Pink Grapefruit w. Fresh Apple Wedges
Calorie 846kcal Protein 30.0g		Calorie 802kcal Protein 34.6g	Calorie 882kcal Protein 38.5g	Calorie 774kcal Protein 41.3g
9	10	11	12	13
Mandarin Chicken (V) Tofu Karaage White Rice Stir Fry Vegetables w. Baby Corn Kimpira Gobo, Steamed Broccoli Drink Fresh Bananas	Kakuni (Stewed Pork Belly) (V) Braised Tofu w. Vegetables White Rice Spinach Gomae, Ajitsuke Tamago Grilled Japanese Leek Drink Chocolate Sponge Cake	Miso Chicken (V) Vegetarian Harusame White Rice Snap Peas Stewed Lotus Root, Spinach Ohitashi / (V) No Fish Dashi Drink Fresh Fruit Cubes	Shepherd's Pie (V) Kidney Bean & Mushroom Pie Butter Rolls Green Beans Carrots Vichy, Whole Corn Drink Diced Melon w. Grapes	No School
Calorie 744kcal Protein 44.8g	Calorie 999kcal Protein 30.2g	Calorie 724kcal Protein 37.6g	Calorie 921kcal Protein 29.4g	
16	17	18	19	20
Sweet & Sour Chicken (V) Sweet & Sour Vegetables & Tofu White Rice Komatsuna Nibitashi / (V) No Fish Dashi , Glazed Eggplant Shoronpo / (V) Vegetarian Gyoza Drink Diced Pineapple	Spaghetti & Meatballs (V) Spaghetti Alfredo Herb Rolls Garden Green Salad Roasted Carrots, Chick Pea & Pesto Salad Drink Sliced Pears w. Salted Caramel Sauce	Japanese Chicken Curry (V) Tofu Katsu Curry White Rice Steamed Broccoli w. Eggplant Croquettes Drink Banana Cake	Juicy Beef Burgers (V) Grilled Vegetarian Burgers Crispy Potato Wedges Sauteed Broccoli, Buttered Carrots Lettuce & Tomato Drink Peach Yogurt	Italian Chicken (V) Eggplant Parmesan Pepperoncini Pasta Zucchini Provencale Sauteed Mushrooms & Confit Cherry Tomato Drink Sliced Melon
Calorie 922kcal Protein 40.1g	Calorie 1163kcal Protein 30.5g	Calorie 919kcal Protein 31.7g	Calorie 940kcal Protein 23.0g	Calorie 836kcal Protein 42.5g
23	24	25	26	27
No School (Thanksgiving)	Stir Fry Beef & Broccoli (V) Bok Choy w. Tofu White Rice Chinese Vegetables w. Bean Sprouts Shumai / (V) Vegetarian Spring Rolls Drink Fresh Fruit w. Honey	Barbeque Chicken (V) Savory Lentils w. Fresh Vegetables Roasted Baby Potatoes Corn on the Cob Eggplant Parmesan, Grilled Peppers Drink Pears w. Dried Cranberries in Syrup	Miso Saba w. Julienne Leeks (V) Ginger & Miso Grilled Asparagus w. Garbanzo White Rice Renkon, Soy Glazed Eggplant Edamame w. Salted Sesame Drink Lemon Butter Cookies	Roast Turkey w. Gravy (V) Stuffed Roasted Squash Mashed Sweet Potatoes Green Beans, Traditional Stuffing Roast Carrot Drink Pumpkin Pie Bars
	Calorie 925kcal Protein 31.8g	Calorie 920kcal Protein 32.8g	Calorie 795kcal Protein 29.3g	Calorie 980kcal Protein 42.2g
Tonkatsu (V) Vegetarian Katsu Curry White Rice Cabbage w. Caramelized Onions Cucumber in Soy Vinegar, Daikon Drink Mango w. Lemon				
Calorie 884kcal Protein 24.6g				

*There are 2 types of main dishes. The menu with (V) indicated is the Vegetarian main dish for the Vegetarian Option
Cezars Kitchen menu does not contain nuts. / Menu may change depending on ingredient availability.