

# January 2021



# St. Mary's International School

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No Lunch
4 No Lunch	5 No Lunch	6 No Lunch	7 No Lunch	8 No Lunch
11 Barbeque Chicken (V) Grilled Vegetables Scalloped Potato Gratin Buttered Corn Seasoned Broccoli Grilled Carrots Drink Fruit Crumble Calorie 837kcal Protein 33.7g	12 Kakuni (Stewed Pork Belly) (V) Braised Tofu w. Vegetables White Rice Spinach Gomae Grilled Japanese Leek, Sauteed Green Beans Ajitsuke Tamago Drink Banana Calorie 930kcal Protein 28.9g	13 Tandoori Chicken (V) Vegetable Kurma White Rice Falafel w. Tzatziki Sauce Curry Baby Potato, Pita Bread Crispy Okura Drink Orange Wedges Calorie 1003kcal Protein 36.0g	14 Beef Bulgogi (V) Tofu & Shimeji Bulgogi White Rice Japchae Spring Rolls w. Dipping Sauce Steamed Eggplant w. Soy Drink Custard Calorie 920kcal Protein 38.0g	15 Soy Glazed Salmon (V) Miso Eggplant w. Tofu White Rice Stewed Lotus w. Carrot Braised Pumpkin Shitake & Konnyaku Drink Melon w. Grapes Calorie 874kcal Protein 32.8g
18 Miso Chicken (V) Vegetarian Harusame White Rice Snap Peas, Shumai Grilled Sweet Potato Okinawa Okra Drink Sponge Cake Calorie 801kcal Protein 39.0g	19 Beef Ragu Pasta (V) Pasta Arrabbiata Garlic Bread Italian Peppers Grilled Zucchini & Eggplant Confit Garlic Green Beans Drink Fresh Sliced Fruit Calorie 878kcal Protein 33.3g	20 Greek Chicken (V) Spinach & Garbanzo Stuffed Mushrooms White Rice Lemon Infused Broccoli & Corn Assorted Olives w. Cherry Tomatoes Sauteed Cabbage & Onion Drink Chocolate Cake Calorie 791kcal Protein 35.6g	21 Miso Saba w. Julienne Leeks (V) Ginger & Miso Grilled Asparagus w. Garbanzo White Rice Tamagoyaki, Soy Glazed Eggplant Edamame w. Salted Sesame Takuwan (Pickled Daikon) Drink Mango w. Lemon Calorie 784kcal Protein 26.7g	22 Hamburg Steak w. Demi (V) Tofu & Vegetable Hamburg Crispy Potato Wedges Cauliflower Buttered Carrots Green Beans w. Shimeji Drink Peach Yogurt Calorie 908kcal Protein 20.6g
25 Lime Marinated Chicken (V) Adobong Kangkong Tofu Variation White Rice Spring Rolls w. Dipping Sauce Cabbage Slaw Grilled Eggplant w. Mushrooms Drink Sliced Pineapple Calorie 825kcal Protein 42.9g	26 Tonkatsu w. Shredded Cabbage (V) Tofu Katsu w. Shredded Cabbage White Rice Japanese Potato Salad, Buttered Broccoli Edamame Gomae Kimpira Gobo Drink Fresh Mikan Calorie 1005kcal Protein 29.3g	27 Spaghetti & Meatballs (V) Green Lentil & Mushroom Spaghetti Focaccia Sauteed Mushrooms w. Pesto Grilled Peppers Roasted Eggplant Drink Fresh Melon w. Grapes Calorie 1133kcal Protein 30.0g	28 Balsamic Glazed Oregano Chicken (V) Eggplant & Tofu Parmesan Penne Pomodoro Roasted Asparagus Grilled Zucchini Caponata Drink Apple Crumb Cake Calorie 1003kcal Protein 53.8g	29 Roast Beef Bento (V) Mushroom, Bean & Asparagus Loaf White Rice Sauteed Rangiri Carrots Buttered Corn Soy Glazed Simmered Onions Drink Peaches w. Raspberry Sauce Calorie 991kcal Protein 24.0g

Cezars Kitchen menu does not contain nuts  
Menu may change depending on ingredient availability