

April 2021



St. Mary's International School

Monday					Tuesday					Wednesday					Thursday					Friday				
															1					2				
															No School					No School				
															Calorie					Protein				
5					6					7					8					9				
Basil Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Grilled Peppers Tomato & Eggplant Confit Drink Fruits & Oat Crumble					Stir Fry Pork (V) Stir Fry Tofu White Rice Steamed Broccoli Soy Glazed Eggplant w. Spring Onion Shimeji w. Seasoned Bamboo Drink Mikan w. Mango					Spaghetti Bolognese (V) Pasta Arrabbiata w. Eggplant & Lentil Focaccia Zucchini Parmesan Julienne Carrots Mixed Mushrooms w. Peppers Drink Fresh Melon w. Grapes					Chicken Fajitas (V) Vegetable Bean Fajitas White Rice Tortillas Salsa Buttered Corn Drink Pineapple Wedges					Thai Garlic Pork (V) Basil Eggplant w. Tofu White Rice Stir Fried Bok Choy Pad Thai , Pickled Daikon Soy Glazed Eggplant Drink Coconut Cake				
DAIRY WHEAT SOY Calorie 779kcal Protein 34.7g					WHEAT SOY Calorie 664kcal Protein 20.6g					DAIRY WHEAT SOY Calorie 1044kcal Protein 36.6g					DAIRY WHEAT SOY Calorie 977kcal Protein 34.1g					EGG WHEAT FISH SOY Calorie 1092kcal Protein 48.4g				
12					13					14					15					16				
Barbeque Chicken (V) Grilled Vegetable & White Bean Fattoush Scalloped Potato Gratin Buttered Corn Seasoned Broccoli Grilled Carrots Drink Fresh Fruit					Breaded Whitefish Fingers (V) Lemon Grilled Tofu White Rice Roasted Asparagus Mixed Roasted Peppers Braised Red Cabbage Drink Honey Citrus Slices					Simmered Pork w. Onions (Butadon) (V) Simmered Tofu w. Onion & Shitake White Rice Zucchini Batons Tsubo Zuke Carrot Salad Drink Sponge Cake					Tandoori Chicken (V) Vegetable Makhani White Rice Falafel w. Tzatziki Sauce Curry Baby Potato Crispy Okura ,Tomato Drink Mango w. Pineapple					Ginger Minced Beef (V) Vegetarian Harusame w. Tofu White Rice Green Peas Japanese Egg Scramble Pickled Ginger Drink Fresh Bananas				
EGG DAIRY WHEAT SOY Calorie 674kcal Protein 29.2g					WHEAT FISH SOY Calorie 880kcal Protein 32.6g					EGG DAIRY WHEAT SOY Calorie 809kcal Protein 22.4g					EGG DAIRY WHEAT SOY Calorie 981kcal Protein 32.7g					EGG WHEAT SOY Calorie 843kcal Protein 31.4g				
19					20					21					22					23				
Miso Chicken (V) Miso Glazed Tofu w. Edamame White Rice Shumai Stewed Renkon Kimpira Gobo , Sauteed Broccoli Drink Fresh Fruit					Char Siu (Chinese BBQ Pork) (V) Sesame Vegetable Noodles w. Tofu White Rice Snap Peas Chrysanthemum (Shungiku) Gomae Carrot Flowers Drink Fresh Fruit w. Tapioca					Juicy Beef Burgers (V) Grilled Vegetarian Burgers Crispy Potato Wedges Tomato Slice w. Onion Roasted Vegetable Salad Green Beans w. Shimeji Drink Peaches w. Raspberry Sauce					Earth Day Vegetarian Main Course (V) Organic Spring Kale Pasta w. Chick Peas Heirloom Multigrain Bread Slices Mixed Pesto Mushrooms w. Tomato Confit Roasted Beets Eggplant Parmesan Drink Banana Cake					Creamy Chicken Enchiladas (V) Vegetarian Bean Enchiladas White Rice Grilled Zucchini w. Cumin Grilled Peppers w. Onions Roasted Corn Drink Fresh Fruit w. Dried Cranberries in Syrup				
WHEAT FISH SOY Calorie 839kcal Protein 41.1g					EGG DAIRY WHEAT FISH SOY Calorie 770kcal Protein 21.4g					EGG DAIRY WHEAT Calorie 1080kcal Protein 22.0g					EGG DAIRY WHEAT Calorie 935kcal Protein 23.2g					DAIRY WHEAT Calorie 896kcal Protein 35.2g				
26					27					28					29					30				
Ginger Chicken (V) Miso Soy Glazed Eggplant w. Tofu White Rice Sautéed Broccoli Waldorf Salad Grilled Cabbage w. Moyashi Drink Pineapple w. Melon					Cezars Roast Pork (V) Vegetarian Loaf w. Vegetable Demi Roasted Potatoes Sautéed Spinach Mixed Mushrooms & Bamboo Carrot Batons Drink Peach Cobbler					Beef Bourguignonne (V) Vegetable Bean Cassoulet Parsley Buttered Noodles Garlic Green Beans Butter Rolls Spring Vegetables w. Balsamic Glaze Drink Caramelized Pears					Salted Salmon (V) Braised Atsuage (Fried Tofu) w. Mushrooms White Rice Tamagoyaki, Grilled Mix Peppers Asparagus Ponzu w. Tomatoes Shibazuke (Pickled Eggplant) Drink Ginza Strawberry Cake					Coconut Chicken Curry (V) Vegetable Curry w. Tofu White Rice Grilled Okra Vegetable Cous Cous Sautéed Spinach Drink Fresh Fruit				
EGG DAIRY WHEAT SOY Calorie 870kcal Protein 42.8g					EGG DAIRY WHEAT Calorie 649kcal Protein 28.9g					EGG DAIRY WHEAT SOY Calorie 975kcal Protein 40.1g					EGG DAIRY WHEAT FISH SOY Calorie 743kcal Protein 39.3g					EGG WHEAT Calorie 870kcal Protein 32.0g				



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