

May 2021



St. Mary's International School

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
No School	Korean Miso & Honey Glazed Cod (V) Bibimbap Vegetables w. Tofu White Rice Asparagus Grilled Shimeji Mushrooms Pickled Vegetables, Moyashi Namul Drink Fresh Fruit w. Tapioca in Syrup	<b>Cinco de Mayo</b> Santa Fe Beef Fajitas (V) Vegetable Bean Fajitas White Rice Tortillas Salsa, Corn Chips w. Cheese Sause Roasted Corn Drink Grilled Pineapple	Karaage Chicken (V) Tofu Karaage White Rice Edamame Kinpira Gobo Japanese Potato Salad Drink Delicious Lemon Squares	<b>* Organic Day</b> Organic Chicken Pesto Pasta w. Dried Tomatoes (V) Organic Chick Pea & Pesto Pasta w. Dried Tomatoes Garlic Breadsticks Broccoli w. Garlic & Extra Virgin Oil Grilled Yellow Peppers w. Red Onion Eggplant Parmesan Drink Sliced Melon
	WHEAT   SESAME   FISH   SOY Calorie 780kcal Protein 23.7g	DAIRY   WHEAT   SOY Calorie 973kcal Protein 37.0g	EGG   DAIRY   WHEAT   SESAME   SOY Calorie 1018kcal Protein 37.3g	DAIRY   WHEAT   SOY Calorie 922kcal Protein 29.7g
10	11	12	13	14
No School	No School	No School	No School	No School
17	18	19	20	21
Japanese Pork Curry (V) Vegetable Curry w. Chick Peas White Rice Gyoza w. Dipping sauce Roasted Pumpking Slice Okra, Fukujintsuke Drink Fresh Fruit	Salmon w. Mango Salsa (V) Cilantro Grilled Tofu w. Mango Salsa White Rice Asparagus w. Lemon Zest Rosemary Sweet Potatoes Carrot Flowers w. Lime Vinaigrette Drink Bananas	Spaghetti Bolognese (V) Pasta Arrabbiata w. Eggplant & Lentils Focaccia Mixed Mushrooms Sauteed Kale w. Garbanzo Rainbow Roasted Vegetables Drink Fresh Melon w. Grapes	Juicy Beef Burgers (V) Grilled Tofu & Vegetable Burgers Crispy Potato Wedges Garlic Roasted Cauliflower Roasted Eggplant w. Peppers Green Beans w. Shimeji Drink Peaches w. Raspberry Sauce	Herb Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Fire Blazed Hot House Peppers Julienne Carrots Drink Danish Brunsviger Cake
EGG   DAIRY   WHEAT   SOY Calorie 897kcal Protein 28.8g	FISH   SOY Calorie 743kcal Protein 26.9g	DAIRY   WHEAT   SOY Calorie 1040kcal Protein 40.3g	EGG   DAIRY   WHEAT   SESAME   SOY Calorie 991kcal Protein 21.8g	EGG   DAIRY   WHEAT   SOY Calorie 1017kcal Protein 38.8g
24	25	26	27	28
Miso Saba w. Julienne Leeks Ginger & Miso Grilled Asparagus w. Garbanzo White Rice Sauteed Lotus, Carrots Soy Glazed Edamame Takuwan (Pickled Daikon) Drink Sponge Cake	Thai Grilled Chicken Thighs (V) Vegetarian Coconut Curry Atsuage White Rice Pad Thai (V) Vegetarian Pad Thai Garlic Greens Shimeji w. Bamboo Strips & Spring Onion Drink Tropical Fruit Cake	Spaghetti & Meatballs (V) Green Lentil & Mushroom Spaghetti Herb Rolls Carrot Batons Grilled Peppers Zucchini Drink Melon Cubes	Salisbury Steak w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi White Rice Mashed Potatoes Green Beans Mixed Mushrooms Drink Chocolate Cake	Butter Chicken (V) Vegetable Makhani White Rice Falafel w. Tzatziki Sauce Curry Baby Potato Crispy Okura Drink Mango w. Pineapple
EGG   DAIRY   WHEAT   Fish   SOY Calorie 905kcal Protein 30.5g	EGG   DAIRY   WHEAT   FISH   SOY Calorie 928kcal Protein 39.5g	EGG   DAIRY   WHEAT   SOY Calorie 894kcal Protein 24.9g	EGG   DAIRY   WHEAT   SOY Calorie 1031kcal Protein 31.9g	EGG   DAIRY   WHEAT   SOY Calorie 949kcal Protein 49.3g
<b>Memorial Day</b>				
31				
Barbeque Roast Pork (V) Grilled Vegetable w. Bean Salsa Scalloped Potato Gratin Grilled Cut Corn Seasoned Broccoli Grilled Carrots Drink Apple Crumble				
DAIRY   WHEAT   SOY Calorie 714kcal Protein 37.5g				

