

September 2021

CEZARS
KITCHEN

St. Mary's International School

Monday					Tuesday					Wednesday					Thursday					Friday																																																																															
										1					2					3																																																																															
										Pork Taco Rice (V) Vegetable Bean Taco Rice White Rice Tomato Salsa Sweet Corn Grilled Peppers Drink Vanilla Cake					Coconut Chicken Curry (V) Vegetable Curry w. Tofu White Rice Croquettes Soy Glazed Eggplant Grilled Okra Drink Fresh Fruit					Breaded Whitefish Fingers & Tartar Sauce (V) Lemon Grilled Tofu White Rice Roasted Asparagus Buttered Carrot Sautéed Okra Drink Orange																																																																															
EGG					DAIRY					WHEAT					DAIRY					WHEAT					EGG					DAIRY					WHEAT					FISH					SOY																																																						
Calorie					804kcal					Protein					26.2g					Calorie					952kcal					Protein					32.6g					Calorie					876kcal					Protein					30.4g																																												
6					7					8					9					10																																																																															
Karaage Chicken (V)Grilled Tofu White Rice Shumai Edamame Japanese Potato Salad Drink Pineapple					Simmered Pork w. Onions (Butadon) (V) Simmered Tofu w. Onion & Shitake White Rice Sautéed Cabbage Ginger Pickled Grilled Carrots Drink Sponge Cake					Miso Saba w. Julienne Leeks (V)Ginger Miso Tofu White Rice Sautéed Spinach w. Red Peppers Kinpira Gobo Roasted Pumpkin Drink Peaches w. Raspberry Sauce					Tandoori Chicken (V) Vegetable Makhani White Rice Curry Baby Potato Crispy Okura Grilled Mix Peppers Drink Orange Cake					Thai Garlic Pork (V) Basil Eggplant w. Tofu White Rice Stir Fried vegetable Pad Thai Pickled Daiko (Tsubo Zuke) Drink Fresh Fruit																																																																															
EGG					DAIRY					WHEAT					FISH					SOY					EGG					DAIRY					WHEAT					FISH					SOY																																																						
Calorie					929kcal					Protein					41.7g					Calorie					748kcal					Protein					22.3g					Calorie					984kcal					Protein					27.1g					Calorie					976kcal					Protein					30.1g					Calorie					1107kcal					Protein					42.5g				
13					14					15					* Organic Day - Int. Protect the Ozone Day 16					17																																																																															
Ginger Chicken (V) Miso Soy Glazed Eggplant w. Tofu White Rice Shibazuke (Cucumber) Sautéed Broccoli Grilled Cabbage w. Moyashi Drink Water Melon					Cezars Roast Pork (V) Vegetarian Loaf w. Demi White Rice Roasted Carrot w. Potatoes Grilled Zucchini Provencal Mixed Mushrooms w. Bamboo Drink Sliced Pineapple					Stir Fry Beef (V) Stir Fry Tofu White Rice Japchae Spring Rolls w. Dipping Sauce Shimeji Mushroom carrot Drink Mikan w. Mango					Organic Seafood Pomodoro Pasta (V) Tomato Chick Pea pasta Herb Rolls Brussel sprouts Cauliflower Mixed Peppers Drink Caramelized Pears					Italian Basil Chicken (V) Grilled Vegetables w. Legumes White Rice Roasted Asparagus Carrot Tomato & Eggplant Confit Drink Fruits Crumble																																																																															
DAIRY					WHEAT					FISH					SOY					EGG					DAIRY					WHEAT					FISH					SOY																																																											
Calorie					792kcal					Protein					41.5g					Calorie					768kcal					Protein					35.7g					Calorie					969kcal					Protein					30.4g					Calorie					849kcal					Protein					35.3g					Calorie					1128kcal					Protein					31.8g				
20					World Gratitude Day 21					22					23					24																																																																															
No School					Vegan Day (V) Home Made Vegan Hamburg w. Umami Demi White Rice Savory Stewed Garbanzo w. Tomatoes Green Beans Carrot Flowers Drink Orange Wedges					Kakuni (Stewed Pork) (V) Sesame Vegetable Noodles w. Tofu White Rice Spinach Gomae Tamagoyaki Garlic Cauliflower Drink Fresh Fruit w. Tapioca					Salted Salmon (V) Braised Atsuage w. Mushrooms White Rice Garlic Glazed Eggplant Grilled Mix Peppers Shibazuke (Pickled Eggplant) Drink Chocolate Cake					Soboro Chicken (V)Vegetarian Yakisoba White Rice Green Peas Japanese Egg Scramble Beni Shoga Drink Fresh Melon w. Grapes																																																																															
EGG					DAIRY					WHEAT					SOY					EGG					DAIRY					WHEAT					FISH					SOY					EGG					DAIRY					WHEAT					FISH					SOY																																		
Calorie					730kcal					Protein					20.5g					Calorie					931kcal					Protein					30.3g					Calorie					713kcal					Protein					24.5g					Calorie					734kcal					Protein					32.7g																								
27					28					Inventors Day 29					30																																																																																				
No School					Yakiniku Chicken (V) vegetable Rice Noodles White Rice Grilled Japanese Leek Snap Peas Roasted Corn Drink Fresh Fruit w. Dried Cranberries in Syrup					Baked Cod w. Lemon Butter Sauce (V) Zucchini & Garbanzo w. Lemon Sauce Parsley Butter Noodles Steamed Broccoli Pesto Eggplant Sautéed Peppers Drink Sliced Melon					Bolognese Pasta (V) Pasta Arrabbiata w. Eggplant & Lentil Focaccia Zucchini Parmesan Mixed Mushrooms Broccoli w. Peppers Drink Sliced Pineapple																																																																																				
DAIRY					WHEAT					SOY					EGG					DAIRY					WHEAT					FISH					SOY					EGG					DAIRY					WHEAT					FISH					SOY																																							
Calorie					920kcal					Protein					37.9g					Calorie					726kcal					Protein					27.2g					Calorie					1013kcal					Protein					33.1g																																												



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