

# October 2021

# CEZARS<sup>TM</sup>

## KITCHEN

# St. Mary's International School

Monday						Tuesday						Wednesday						Thursday						Friday					
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																								Stir Fry Beef & Vegetables (V) Stir Fry Vegetables w. Tofu White Rice Steamed Broccoli Wok Seared Cabbage Drink Banana Cake					
																								EGG	DAIRY	WHEAT	SESAME		SOY
4 <b>World Teachers Day</b>						5						6 <b>* Organic Day - Int. Protect the Ozone Day</b>						7						8					
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Scalloped Potato Gratin Buttered Corn Roasted Eggplant Drink Warm Apple Crumble						Path to Success Whitefish w. Tomato Salsa Mentors Mediterranean Chickpea Stew International Educators Rice Tutors Oven Roasted Vegetables Beacon of Knowledge Broccoli Drink The Counselors Anise Poached Pears						Pork Tacos (V) Cumin Roasted Tofu w. Lime Tacos White Rice Garbanzo Tomato Salsa Seared Peppers Drink Fresh Bananas						Organic Spaghetti Bolognese (V) Organic Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sauteed Broccoli Sliced Mushroom Drink Sliced Melon						Miso Chicken (V) Miso Glazed Tofu w. Edamame White Rice Soy Glazed Eggplant Snap Peas Drink Sponge Cake					
EGG	DAIRY	WHEAT			SOY					FISH			DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT	SESAME		SOY
11						12						13						14						15					
Lemon Butter Fish (V) Tofu Meunier Parsley Boiled Potatoes Grilled Asparagus Ratatouille Drink Pears w. Caramel Sauce						Herb Roasted Chicken (V) Mushroom, Bean & Asparagus Loaf White Rice Sauteed Carrots Green Peas Drink Fruit Compote						Japanese Pork Curry (V) Vegetable Curry w. Chick Peas White Rice Pink Daikon Pickles French Beans Drink Lemon Pound Cake w. Icing						Beef Bulgogi w. Vegetables (V) Vegetable Bean Fajitas White Rice Seasoned Broccoli Baked Pumpkin Drink Peaches w. Raspberry Sauce						Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce Stir Fry Vegetables Drink Sliced Pineapple					
	DAIRY				FISH		DAIRY					EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT						WHEAT	SESAME		SOY
18						19						20						21						22					
No School						No School						No School						No School						No School					
25						26						27						28						29 <b>CK Halloween Day</b>					
Stir Fry Chicken (V) Stir Fry Tofu White Rice Steamed Broccoli Soy Glazed Eggplant Drink Mikan w. Mango						Spaghetti Frutti Di Mare (V) Spaghetti w. Asparagus & Chick Peas Herb Rolls Grilled Zucchini Mushrooms w. Pesto Drink Vanilla Cake w. Peach Compote						Shogayaki (Ginger Pork) (V) Miso Soy Glazed Eggplant White Rice Sauteed Okra Pickled Carrot Flowers Drink Fresh Fruit						Tandoori Chicken (V) Vegetable Curry White Rice Falafel w. Tzatziki Sauce Curried Vegetables Drink Orange Wedges						Boil & Bubble Beef Stew (V) Graveyard Pita Chips w. Smashed Spirits Spooky Spuds & Sprouts Jack O Lantern Deviled Eggs Dreadfully Delicious Asparagus w. Shimeji Witches Wicked Juice Caramel Apple Wedges					
	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT		FISH				WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT			SOY

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