

January 2022

CEZARS™ KITCHEN

St. Mary's International School

Monday						Tuesday						Wednesday						Thursday						Friday						
3						4						5						6						7						
No School						No School						No School						No School						No School						
10						11						12						13						14						
Saboro Chicken (V) Atsuage & Vegetable Futomaki White Rice Green Peas & Steamed Julien Carrots Japanese Egg Scramble Drink Apple Wedges w. Grapes						Pasta all' Amatriciana (V) Pasta w. Eggplant Arrabiata Focaccia Pan Seared Garbanzos w. Pesto Steamed Broccoli Drink Mixed Fruits						Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce Stir Fry Vegetables Drink Charred Pineapple						Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Tomato Burger Salad - Lettuce, Onion Drink Orange Wedges						Karaage Chicken (V) Tofu Karaage White Rice Edamame Gomae Kimpira Gobo Drink Chocolate Cake						
EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT					WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY		
Calorie 833kcal Protein 33.2g						Calorie 832kcal Protein 24.2g						Calorie 891kcal Protein 37.7g						Calorie 820kcal Protein 18.0g						Calorie 798kcal Protein 40.0g						
17						18						19						20						21						
Butadon (V) Simmered Tofu w. Vegetables White Rice Okinawa Okra & Simmered Daikon Pickled Ginger Drink Sponge Cake						Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Scalloped Potato Gratin Carrot Flowers Buttered Corn Drink Pear Pie Bar						Organic Spaghetti Bolognese (V) Organic Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sautéed Broccoli Grilled Peppers Drink Sliced Melon						Fish Fingers (V) Chick Pea Fingers White Rice Tartar Sauce Green Peas & Cabbage Drink Mango w. Lemon Syrup						Cezars Roast Pork w. Savory Demi (V) Tofu Hamburg White Rice Buttered Cauliflower Grilled Zucchini Drink Peach Cobbler						
EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT				SOY	EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT		FISH		EGG	DAIRY	WHEAT			SOY
Calorie 729kcal Protein 21.4g						Calorie 831kcal Protein 31.9g						Calorie 1074kcal Protein 32.7g						Calorie 822kcal Protein 30.8g						Calorie 835kcal Protein 36.1g						
24						25						26						27						28						
Herb Roasted Chicken (V) Mushroom, & Green Bean Loaf White Rice Roasted Asparagus Parmesan Sautéed Carrots Drink Fruit Compote						Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Oden Style Vegetables (V) No Fish Oden Snap Peas Drink Crispy Sweet Potatoes w. Syrup						Crispy Sweet & Sour Chicken (V) Sweet & Sour Tofu White Rice Egg Rolls Wok Seared Broccoli & Peppers Drink Citrus Cake						Frutti Di Mare Pasta (V) Spaghetti w. Asparagus & Chick Peas Herb Rolls Grilled Zucchini Grilled Mushrooms Drink Chocolate Brownie						Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes Sesame Green Beans Drink Mikan						
	DAIRY					EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT		FISH		EGG	DAIRY	WHEAT	SESAME		SOY	
Calorie 880kcal Protein 35.4g						Calorie 1083kcal Protein 31.1g						Calorie 881kcal Protein 39.2g						Calorie 925kcal Protein 35.7g						Calorie 941kcal Protein 28.2g						
31																														
Beef Stroganoff (V) Vegetable Bean Stew Parsley Buttered Pasta French Bean Cassoulet Roasted Carrots Drink Coconuts Cake																														
EGG	DAIRY	WHEAT																												
Calorie 978kcal Protein 32.7g																														

