

May 2022

CEZARS™ KITCHEN

St. Mary's International School

Monday						Tuesday						Wednesday						Thursday						Friday											
2						World Press Freedom Day						3						4						5						6					
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole White Rice Carrot Batons Buttered Corn Drink Caramelized Pears						Speechless Beef Lasagna (V) Vegetable Lasagna w. Garbanzo Newspaper Edition Focaccia Interviewers Spring Peas Press Release Roasted Eggplant Freedom Juice Drink Final Edition Sliced Fruits						Sri Lankan Chicken Curry (V) Vegetable Curry w. Tofu White Rice Chinese Greens w. Oyster Sauce Turmeric Roasted Cauliflower Drink Carrot Cake						Tonkatsu w. Shredded Cabbage (V) Tofu Katsu w. Shredded Cabbage Koinobori Themed White Rice Carrot Flowers Snap Peas Drink Koinobori Fish Shaped Biscuits						No School											
DAIRY	WHEAT			SOY		EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT	SESAME		SOY												
Calorie 824kcal Protein 32.0g						Calorie 868kcal Protein 36.8g						Calorie 837kcal Protein 35.2g						Calorie 933kcal Protein 30.2g																	
9						10						11						12						13											
Pork Fajitas (V) Vegetable Bean Fajitas White Rice Flour Tortillas Green Beans w. Tomatoes Drink Ambrosia Fresh Fruits						Lime Marinated Chicken (V) Adobong Kangkong (Tofu Variation) White Rice Lumpia w. Dipping Sauce (V) Veg Spring Rolls Spring Cabbage w. Baby Corn Drink Fresh Bananas						Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Lettuce, Onion, Tomato Drink Orange Wedges						Miso Chicken (V) Vegetarian Harusame w. Aburaage White Rice Snap Peas Braised Carrots Drink Sponge Cake						Salmon w. Lemon Sauce (V) Crispy Aburaage in Honey Soy Sauce Sesame Bean Thread Noodles Steamed Broccoli Florets Eggplant w. Mushrooms Drink Fruit Cocktail											
DAIRY	WHEAT			SOY				WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY			WHEAT	SESAME	FISH	SOY						
Calorie 808kcal Protein 28.7g						Calorie 942kcal Protein 40.2g						Calorie 839kcal Protein 28.9g						Calorie 803kcal Protein 40.4g						Calorie 821kcal Protein 30.1g											
16						World Telecom. & Info. Society Day						17						18						19						20					
No School						Organic Spaghetti Bolognese (V) Organic Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans Grilled Peppers & Zucchini Drink Sliced Melon						Basil Chicken (V) Mushroom, & Green Bean Loaf White Rice Roasted Asparagus Parmesan Sautéed Carrots Drink Fruit Cake						Japanese Pork Curry (V) Japanese Tofu Curry White Rice Croquettes Japanese Pickles Drink Mixed Fruit						Mandarin Chicken (V) Tofu Karaage White Rice Wok Seared Broccoli Kimpira Gobo Drink Mango in Syrup											
						EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT			SOY			WHEAT	SESAME		SOY						
						Calorie 834kcal Protein 33.8g						Calorie 1061kcal Protein 41.4g						Calorie 884kcal Protein 24.8g						Calorie 710kcal Protein 45.4g											
23						24						25						26						Food From the World						27					
Fish Fingers (V) Chick Pea Fingers White Rice Steamed Carrots Cucumbers w. Cherry Tomatoes Drink Citrus w. Honey						Stir Fry Chicken & Vegetables (V) Stir Fry Vegetables w. Tofu White Rice Shoronpo (V) Bok Choy Wok Seared Cabbage w. Mushrooms Drink Fruit Tapioca						Beefsteak Fajitas (V) Vegetable Bean Fajitas Tortillas Roasted Corn Vegetable Salsa Drink Pineapple Wedges						CK Made w. Love Roasted Chicken (V) Cuisine Natural Lentils w. Vegetables White Rice Mac N Cheese w. Broccoli Brussel Sprouts Drink Mikan						Pork Kimchee (V) Stir Fried Tofu w. Kimchee White Rice Bibimbap Vegetables Braised Eggplant w. Soy Drink Chocolate Cake											
EGG	DAIRY	WHEAT		FISH	SOY			WHEAT	SESAME		SOY		DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT	SESAME		SOY						
Calorie 914kcal Protein 32.2g						Calorie 676kcal Protein 28.6g						Calorie 680kcal Protein 30.5g						Calorie 883kcal Protein 52.8g						Calorie 914kcal Protein 29.0g											
30						31																													
Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Sesame Noodles Stir Fry Vegetables Drink Sliced Pineapple						Salisbury Steak w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi Mashed Potatoes Carrot Coins Green Beans Drink Spice Cake																													
EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT																											
Calorie 764kcal Protein 31.9g						Calorie 743kcal Protein 24.5g																													



Cezars Kitchen menu does not contain nuts

Menu may change depending on ingredient availability

The nutritional value on the menu is calculated based on the amount serving for Secondary / High School Students.