

October 2022



St. Mary's International School

Monday					Tuesday					Wednesday					Thursday					Friday									
3					4					5					6					7									
Butadon (V) Miso Soy Glazed Eggplant White Rice Sauteed Okra Pickled Ginger Drink Fruit Cake					Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes Japanese Pickles Drink Mixed Fruit					World Teachers Day Path to Success Whitefish w. Tomato Salsa Mentors Mediterranean Chickpea Stew International Educators Rice Tutors Oven Roasted Vegetables Paprika Butter Corn Drink The Counselors Spice Poached Pears					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Stir Fried Noodles Snap Peas Drink Sliced Pineapple					Meatball Pasta (V) Zucchini Meatball Pasta Ciabatta Bread Grilled Zucchini Carrot Flowers Drink Mango w. Pears									
EGG	DAIRY	WHEAT	SESAME	SOY	EGG	DAIRY	WHEAT		SOY		DAIRY			FISH	EGG		WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT		SOY				
Calorie 921kcal Protein 24.5g					Calorie 873kcal Protein 27.6g					Calorie 722kcal Protein 30.5g					Calorie 760kcal Protein 32.3g					Calorie 872kcal Protein 34.0g									
10					11					12					World Sight Day					14									
Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Grilled Peppers Drink Apple Crumble					Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans w. Carrot Butter Corn Drink Sliced Melon					Coconut Chicken Curry (V) Vegetable Curry w. Tofu White Rice Sauteed Spinach Turmeric Cauliflower Drink Fresh Fruit					Stir Fry Pork w. Peppers (V) Vegetable & Tofu Stir Fry White Rice Sesame Noodles Garlic Oil Broccoli Drink Lemon Cake					CK Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad- Tomato, Onion, Pickles Drink Mikan									
	DAIRY	WHEAT			EGG	DAIRY	WHEAT				DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT	SESAME					
Calorie 795kcal Protein 41.6g					Calorie 863kcal Protein 33.9g					Calorie 721kcal Protein 32.6g					Calorie 890kcal Protein 25.9g					Calorie 852kcal Protein 28.8g									
17					18					19					20					21									
No School					No School					No School					No School					No School									
United Nations Day					24					25					26					27					28				
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese Corn on the Cobb Grilled Eggplant Drink Peach Cobbler					Salisbury Steak w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi White Rice Smashed Potatoes Sauteed Garlic Broccoli Drink Chocolate Cake					Chicken Fajitas (V) Vegetable Bean Tacos Flour Tortilla Roasted Corn Tomato Salsa Drink Orange Wedges					Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Stewed Cabbage Ratatouille Drink Fresh Fruit w. Lime Zest					Cezars Roast Pork w. Gravy (V) Vegetarian Loaf w. Savory Demi White Rice Roasted Carrots Buttered Green Beans Drink Mikan									
EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT				DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT						
Calorie 896kcal Protein 42.0g					Calorie 947kcal Protein 27.0g					Calorie 620kcal Protein 35.9g					Calorie 930kcal Protein 32.8g					Calorie 760kcal Protein 30.1g									
Halloween																													
Goblins Chicken Stew (V) Graveyard Baked Chips w. Smashed Spirits Spooky Spuds & Sprouts Jack O Lantern Cucumbers w. Cherry Tomatoes Drink Caramel Apple Wedges																													
EGG	DAIRY	WHEAT		SOY																									
Calorie 870kcal Protein 39.5g																													

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.