

# June 2023



# St. Mary's International School

| Monday  |  |  |  |  | Tuesday   |  |  |  |  | Wednesday   |  |  |  |  | Thursday   |  |  |  |  | Friday   |  |  |  |  |
|---|--|--|--|--|---|--|--|--|--|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|   |  |  |  |  |   |  |  |  |  |   |  |  |  |  | 1  |  |  |  |  | 2  |  |  |  |  |
|   |  |  |  |  |   |  |  |  |  |   |  |  |  |  | Teriyaki Chicken<br>(V) Teriyaki Tofu w. Daikon<br>White Rice<br>Gyoza w. Dipping Sauce (V) Sesame Noodles<br>Mix Green Salad<br>Drink<br>Mixed Fruit    |  |  |  |  | Thai Whitefish Fillet<br>(V) Vegetarian Pad Thai<br>White Rice<br>Grilled Bok Choy w. Bamboo Strips<br>Mix Green Salad<br>Drink<br>Tropical Fruit Cake |  |  |  |  |
|   |  |  |  |  |   |  |  |  |  |   |  |  |  |  | WHEAT SESAME FISH SOY  |  |  |  |  | EGG DAIRY WHEAT SESAME FISH SOY  |  |  |  |  |
|   |  |  |  |  |   |  |  |  |  |   |  |  |  |  | Calorie 855kcal Protein 36.7g  |  |  |  |  | Calorie 830kcal Protein 30.3g  |  |  |  |  |
| 5   |  |  |  |  | 6   |  |  |  |  | 7   |  |  |  |  | 8  |  |  |  |  | 9  |  |  |  |  |
| Spaghetti Bolognese<br>(V) Spaghetti w. Chick Peas in Pomodoro<br>Garlic Breadsticks<br>Broccoli w. Corn<br>Mix Green Salad<br>Drink<br>Caramelized Pears |  |  |  |  | Barbeque Chicken<br>(V) Grilled Vegetable & White Bean Casserole<br>White Rice<br>Carrot Batons w. Corn<br>Mix Green Salad<br>Drink<br>Chocolate Cake |  |  |  |  | Juicy Beef Burgers<br>(V) Grilled Vegetable Burgers<br>Crispy Potato Wedges<br>Green Beans<br>Burger Salad - Onion, Tomato & Pickle<br>Drink<br>Orange Wedges |  |  |  |  | Pork Fajitas<br>(V) Vegetable Bean Fajitas<br>Flour Tortilla w. Half Rice<br>Roasted Corn w. Tomato Salsa<br>Mix Green Salad<br>Drink<br>Fresh Pineapple |  |  |  |  |  |  |  |  |  |
| EGG DAIRY WHEAT   |  |  |  |  | EGG DAIRY WHEAT   |  |  |  |  | EGG DAIRY WHEAT SESAME SOY  |  |  |  |  | WHEAT SOY  |  |  |  |  |  |  |  |  |  |
| Calorie 842kcal Protein 32.1g   |  |  |  |  | Calorie 978kcal Protein 34.1g   |  |  |  |  | Calorie 779kcal Protein 29.5g   |  |  |  |  | Calorie 873kcal Protein 30.8g  |  |  |  |  |  |  |  |  |  |
| 12  |  |  |  |  | 13  |  |  |  |  | 14  |  |  |  |  | 15   |  |  |  |  | 16   |  |  |  |  |
|   |  |  |  |  |   |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19  |  |  |  |  | 20  |  |  |  |  | 21  |  |  |  |  | 22   |  |  |  |  | 23   |  |  |  |  |
|   |  |  |  |  |   |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26  |  |  |  |  | 27  |  |  |  |  | 28  |  |  |  |  | 29   |  |  |  |  | 30   |  |  |  |  |
|   |  |  |  |  |   |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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.