

August 2023



St. Mary's International School

Monday					Tuesday					Wednesday					Thursday					Friday				
					1					2					3					4				
					School Holiday					School Holiday					School Holiday					School Holiday				
7					8					9					10					11				
School Holiday					School Holiday					School Holiday					School Holiday					School Holiday				
14					15					16					17					18				
School Holiday					School Holiday					Penne Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Garlic Green Beans w. Shimeji Mixed Green Salad Drink Fresh Fruit					Thai Basil Chicken (V) Stir Fry Tofu White Rice Garlic Butter Spinach Mixed Green Salad Drink Fruits Tapioca					Fish Fingers (V) Chick Pea Fingers White Rice Roasted Carrots w. Green Beans Mixed Green Salad Drink Sponge Cake				
										DAIRY WHEAT					WHEAT SESAME SOY					EGG DAIRY WHEAT FISH SOY				
										Calorie 871kcal Protein 33.5g					Calorie 731kcal Protein 45.7g					Calorie Protein				
21					22					23					24					25				
Spaghetti Meatball (V) Zucchini Meatball Pasta Ciabatta Bread Broccoli w. Corn Mixed Green Salad Drink Fresh Melon w. Grapes					Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Carrot Mixed Green Salad Drink Raspberry Mousse					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Onion, Tomato & Pickle Drink Watermelon					Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Turmeric Cauliflower Mixed Green Salad Drink Mixed Fruits					Shogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Steamed Broccoli w. Carrot Coin Mixed Green Salad Drink Coconut Cake				
EGG DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT SESAME					EGG DAIRY WHEAT					WHEAT SESAME SOY				
Calorie 924kcal Protein 37.2g					Calorie 927kcal Protein 34.9g					Calorie 799kcal Protein 29.6g					Calorie 730kcal Protein 36.6g					Calorie 961kcal Protein 29.2g				
28					29					30					31									
Santa Fe Beef Tacos (V) Vegetable Bean Tacos Flour Tortilla Corn Salsa Mixed Green Salad Drink Pineapple					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Shumai w. Dipping Sauce (V) Sesame Noodles Mixed Green Salad Drink Fruit Jelly					Cezars Roast Pork w. Savory Demi (V) Vegetarian Loaf w. Vegetable Demi White Rice Oven Roasted Vegetables Mixed Green Salad Drink Apple Wedges					Whitefish w. Tomato Salsa (V) Mediterranean Chickpea Stew White Rice Paprika Butter Corn Mixed Green Salad Drink Fruits Crumble									
WHEAT SOY					WHEAT SESAME FISH SOY					DAIRY WHEAT					Dairy FISH									
Calorie 751kcal Protein 20.7g					Calorie 783kcal Protein 32.5g					Calorie 770kcal Protein 28.5g					Calorie 767kcal Protein 30.0g					Calorie Protein				

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.