

September 2023



St. Mary's International School

Monday					Tuesday					Wednesday					Thursday					Friday				
																				1				
																				Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese Cajun Corn on the Cobb Mixed Green Salad Drink Watermelon				
																				EGG DAIRY WHEAT SOY				
																				Calorie 980kcal Protein 45.4g				
4					5					6					7					8				
Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Snap Peas w. Fukujinzuke Mixed Green Salad Drink Jelly					Chicken Fajitas (V) Vegetable Bean Fajitas Flour Tortilla w. Half Rice Roasted Corn w. Tomato Salsa Mixed Green Salad Drink Carrot Cake					Butadon (V) Simmered Tofu w. Vegetables White Rice Okinawa Okra w. Pickled Ginger Mixed Green Salad Drink Mikan					Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Ratatouille Mixed Green Salad Drink Peaches w. Raspberry Sauce					Meat Lover's Pizza (V) Margherita Pizza Napolitan Pasta Roasted Eggplant w. Cauliflower w. Garlic Oil Mixed Green Salad Drink Mixed Fruits				
DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					WHEAT FISH SOY					EGG DAIRY WHEAT FISH SOY					EGG DAIRY WHEAT SOY				
Calorie 988kcal Protein 27.0g					Calorie 822kcal Protein 39.3g					Calorie 847kcal Protein 23.2g					Calorie 992kcal Protein 32.1g					Calorie 766kcal Protein 27.5g				
11					12					13					14					15				
Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes w. Japanese Pickles Mixed Green Salad Drink Sliced Pineapple					Penne Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sauteed Broccoli w. Carrot Flowers Mixed Green Salad Drink Panna Cotta					Scalloped Chicken Breast in Mushroom Sauce (V) Scalloped Eggplant w. Crispy Aburaage White Rice Warm Cous Cous Tabbouleh w. Roasted Zucchini Mixed Green Salad Drink Mixed Fruits					Cezars Roasted Pork (V) Grilled Vegetable & White Bean Casserole White Rice Cajun Brussel Sprouts w. Roast Potatoes Mixed Green Salad Drink Banana					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Onion, Tomato & Pickle Drink Orange Wedges				
EGG DAIRY WHEAT SESAME SOY					EGG DAIRY WHEAT SOY					DAIRY WHEAT SESAME SOY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SESAME SOY				
Calorie 929kcal Protein 28.5g					Calorie 845kcal Protein 34.9g					Calorie 916kcal Protein 40.2g					Calorie 914kcal Protein 34.8g					Calorie Protein				
18					19					20					21					22				
No School					Whitefish w. Tomato Salsa (V) Mediterranean Chickpea Stew White Rice Paprika Butter Corn Mixed Green Salad Drink Fresh Fruits					Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Broccoli w. Roasted Eggplant Mixed Green Salad Drink Mikan w. Mango					Stir Fry Pork (V) Stir Fry Tofu White Rice Soy Glazed Eggplant w. Spring Onion Mixed Green Salad Drink Apple Wedges					Tandoori Chicken (V) Tofu Makhani White Rice Curry Baby Potato w. Spinach Mixed Green Salad Drink Chocolate Cake				
					DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					EGG WHEAT SESAME SOY					EGG DAIRY WHEAT SOY				
					Calorie 658kcal Protein 29.6g					Calorie 928kcal Protein 37.9g					Calorie 803kcal Protein 19.6g					Calorie 866kcal Protein 44.3g				
25					26					27					28					29				
Skillet Chicken & Organic Vegetable Pasta (V) Organic Skillet Vegetarian Pasta Herb Rolls Roasted Squash w. Green Beans Mixed Green Salad Drink Fresh Fruits w. Dried Cranberries in Syrup					Salisbury Steak w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi White Rice Green Beans w. Carrot Mixed Green Salad Drink Caramelized Pears					Mandarin Chicken (V) Tofu Karaage White Rice Stir Fried Vegetables Mixed Green Salad Drink Sliced Pineapple					Thai Whitefish Fillet (V) Vegetarian Pad Thai White Rice Grilled Bok Choy w. Bamboo Strips Mixed Green Salad Drink Fruits Tapioca					Hariyali Chicken Tikka (V) Vegetable Curry w. Tofu White Rice Curried Roasted Carrot Mixed Green Salad Drink Pineapple Drop Cake				
EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					EGG WHEAT SESAME SOY					DAIRY WHEAT SESAME Fish SOY					EGG DAIRY WHEAT FISH SOY				
Calorie 890kcal Protein 35.5g					Calorie 782kcal Protein 25.9g					Calorie 799kcal Protein 32.3g					Calorie 692kcal Protein 28.0g					Calorie 924kcal Protein 39.2g				

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.