

October 2023



St. Mary's International School

Monday						Tuesday						Wednesday						Thursday						Friday					
2						3						4						5						6					
Thai Basil Chicken (V) Stir Fry Tofu White Rice Garlic Butter Spinach Mixed Green Salad Drink Banana Cake						Meatball Pasta (V) Zucchini Meatball Pasta Ciabatta Bread Broccoli w. Corn Mixed Green Salad Drink Fresh Melon w. Grapes						Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Shumai w. Dipping Sauce (V) Sesame Noodles Mixed Green Salad Drink Fruit Jelly						Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Ratatouille Mixed Green Salad Drink Peaches w. Raspberry Sauce						Santa Fe Beef Tacos (V) Vegetable Bean Tacos Flour Tortilla Corn Salsa Mixed Green Salad Drink Pineapple					
EGG	DAIRY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT				WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT				DAIRY	WHEAT				SOY		
Calorie 834kcal Protein 47.9g						Calorie 915kcal Protein 38.2g						Calorie 783kcal Protein 32.5g						Calorie 992kcal Protein 32.1g						Calorie 820kcal Protein 25.6g					
9						10						11						12						13					
No School PD Day						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 Orange Wedges						Stir Fry Chicken (V) Stir Fry Tofu White Rice Soy Glazed Eggplant w. Spring Onion Mixed Green Salad Drink Apple Wedges						Meat Lover's Pizza (V) Margherita Pizza Napolitan Pasta Roasted Eggplant w. Cauliflower & Garlic Oil Mixed Green Salad Drink Mixed Fruits					
						EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT	SESAME			WHEAT	SESAME				SOY	DAIRY	WHEAT				
Calorie 934kcal Protein 44.5g						Calorie 829kcal Protein 32.9g						Calorie 756kcal Protein 41.7g						Calorie 780kcal Protein 38.0g											
16						17						18						19						20					
No School Autumn Holidays						No School Autumn Holidays						No School Autumn Holidays						No School Autumn Holidays						No School Autumn Holidays					
23						24						25						26						27					
Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Turmeric Cauliflower Mixed Green Salad Drink Mixed Fruits						Penne Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Garlic Green Beans w. Shimeji Mixed Green Salad Drink Caramelized Pears						Chicken Fajitas (V) Vegetable Bean Fajitas Flour Tortilla w. Half Rice Roasted Corn w. Tomato Salsa Mixed Green Salad Drink Sliced Pineapple						Cezars Roast Pork w. Savory Demi (V) Vegetarian Loaf w. Vegetable Demi White Rice Oven Roasted Vegetables Mixed Green Salad Drink Chocolate Cake						Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Snap Peas w. Fukujinzuke Mixed Green Salad Drink Banana					
EGG	DAIRY	WHEAT				DAIRY	WHEAT				EGG		WHEAT			SOY	EGG	DAIRY	WHEAT				DAIRY	WHEAT	SESAME			SOY	
Calorie 833kcal Protein 45.1g						Calorie 869kcal Protein 32.6g						Calorie 822kcal Protein 39.3g						Calorie 791kcal Protein 28.3g						Calorie 818kcal Protein 28.6g					
30						31																							
Cajun Whitefish w. Tomato Salsa (V) Mediterranean Chickpea Stew White Rice Green Beans w. Carrot Mixed Green Salad Drink Fruits Crumble						Halloween Goblins Chicken Stew (V) Graveyard Baked Chips w. Smashed Spirits Shell Pasta Spooky Sprouts, Jack O Lantern Mixed Green Salad Drink Brownie																							
	DAIRY	WHEAT		FISH		EGG	DAIRY	WHEAT																					
Calorie 723kcal Protein 30.3g						Calorie 827kcal Protein 31.7g																							

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.