

# November 2023



# St. Mary's International School

Monday						Tuesday						Wednesday						Thursday						Friday					
												1						2						3					
												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						Chicken Katsu w. Shredded Cabbage (V) Tofu Katsu White Rice Kimpira Gobo Mixed Green Salad Drink Apple Wedges						No School Parent - Teacher Conference Day					
												EGG DAIRY WHEAT SOY						EGG DAIRY WHEAT SESAME SOY											
												Calorie 860kcal Protein 27.2g						Calorie 975kcal Protein 39.3g											
6						7						8						9						10					
Chicken Adobo (V) Vegetable Pancit w. Aburaage White Rice Adobong Kankong w. Carrot (Spinach w. Garlic & Soy) Mixed Green Salad Drink Mixed Fruits						Whitefish w. Tomato Salsa (V) Mediterranean Chickpea Stew White Rice Paprika Butter Corn Mixed Green Salad Drink Orange Wedges						Skillet Chicken & Vegetable Pasta (V) Skillet Vegetarian Pasta Herb Rolls Roasted Squash w. Green Beans Mixed Green Salad Drink Mango Mousse						Cezar's Roasted Pork (V) Grilled Vegetable & White Bean Casserole White Rice Cajun Brussel Sprouts w. Roast Potatoes Mixed Green Salad Drink Chocolate Cake						Tandoori Chicken (V) Tofu Makhani White Rice Curried Roasted Carrot w. Spinach Mixed Green Salad Drink Fruits Tapioca					
WHEAT SESAME SOY						DAIRY WHEAT SOY						EGG DAIRY WHEAT SOY						EGG DAIRY WHEAT SESAME SOY						EGG DAIRY WHEAT FISH SOY					
Calorie 823kcal Protein 39.2g						Calorie 716kcal Protein 30.8g						Calorie 924kcal Protein 36.6g						Calorie 990kcal Protein 35.1g						Calorie 829kcal Protein 44.7g					
13						14						15						16						17					
Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes w. Japanese Pickles Mixed Green Salad Drink Sliced Pineapple						Shogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Steamed Broccoli w. Carrot Coin Mixed Green Salad Drink Mikan w. Mango						Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Onion, Tomato & Pickle Drink Orange Wedges						Sweet & Sour Chicken Sweet & Sour Tofu w. Vegetables White Rice Shorompo / (V) Vegetarian Gyoza Mixed Green Salad Drink Lemon Cake						Beef Lasagna (V) Vegetarian Lasagna Cezar's Freshly Baked Focaccia Cauliflower w. Broccoli Mixed Green Salad Drink Mikan & Pears					
EGG DAIRY WHEAT SESAME SOY						WHEAT SESAME SOY						EGG DAIRY WHEAT SESAME SOY						EGG DAIRY WHEAT SESAME SOY						EGG DAIRY WHEAT FISH SOY					
Calorie 929kcal Protein 28.5g						Calorie 882kcal Protein 28.6g						Calorie 829kcal Protein 32.9g						Calorie 987kcal Protein 33.7g						Calorie 937kcal Protein 38.4g					
20						21						22						23						24					
Penne Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sautéed Broccoli w. Carrot Flowers Mixed Green Salad Drink Panna Cotta						Lemon Butter Whitefish (V) Tofu Meunier White Rice Roasted Pumpkin Mixed Green Salad Drink Peaches						Cezars Traditional Roast Thanksgiving Fowl (V) Vegetarian Mushroom Wellington Mashed Potatoes w. Half Rice Traditional Stuffing w. Roasted Vegetables Mixed Green Salad Drink Pumpkin Pie Bars						No School PD Day						No School Thanksgiving Day					
EGG DAIRY WHEAT SOY						DAIRY WHEAT FISH SOY						EGG DAIRY WHEAT SOY																	
Calorie 880kcal Protein 36.2g						Calorie 777kcal Protein 44.5g						Calorie 880kcal Protein 41.7g																	
27						28						29						30											
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese Cajun Corn on the Cobb Mixed Green Salad Drink Fruits Crumble						Beef Fajitas (V) Vegetable Bean Fajitas Flour Tortilla w. Half Rice Roasted Peppers w. Tomato Salsa Mixed Green Salad Drink Carrot Cake						Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Turmeric Cauliflower Mixed Green Salad Drink Fruit Jelly						Meat Lover's Pizza (V) Margherita Pizza Primavera Pasta Roasted Eggplant w. Broccoli Garlic Oil Mixed Green Salad Drink Mixed Fruits											
EGG DAIRY WHEAT SOY						EGG DAIRY WHEAT SOY						EGG DAIRY WHEAT SOY						EGG DAIRY WHEAT SOY											
Calorie 920kcal Protein 43.0g						Calorie 919kcal Protein 41.5g						Calorie 827kcal Protein 38.5g						Calorie 877kcal Protein 28.2g											

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.