

# December 2023



# St. Mary's International School

Monday					Tuesday					Wednesday					Thursday					Friday				
																				1				
																				Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Carrot Mixed Green Salad Drink Orange Wedges				
																				DAIRY WHEAT				
																				Calorie 822kcal Protein 43.0g				
4					5					6					7					8				
Spaghetti Meatball (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 (V) Fresh Fruit					Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Snap Peas w. Fukujinzuke Mixed Green Salad Drink Banana Cake					Cezars Roast Pork w. Savory Demi (V) Grilled Vegetable & White Bean Casserole White Rice Oven Roasted Vegetables Mixed Green Salad Drink Caramelized Pears					Thai Basil Chicken (V) Stir Fry Tofu White Rice Garlic Butter Spinach Mixed Green Salad Drink Fruits Tapioca				
EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SESAME FISH SOY					EGG DAIRY WHEAT SESAME SOY					DAIRY WHEAT					EGG DAIRY WHEAT SESAME FISH SOY				
Calorie 915kcal Protein 38.2g					Calorie 825kcal Protein 32.8g					Calorie 929kcal Protein 30.7g					Calorie 869kcal Protein 29.6g					Calorie 809kcal Protein 47.0g				
11					12					13					14					15				
Japanese Chicken Curry (V) Lentil Vegetable Curry White Rice Croquettes w. Japanese Pickles Mixed Green Salad Drink Mixed Fruits					Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Ratatouille Mixed Green Salad Drink Peaches w. Raspberry Sauce					Penne Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Garlic Green Beans w. Shimeji Mixed Green Salad Drink Panna Cotta (V) Orange Wedges					Roasted Chicken w. White Gravy (V) Vegetarian Loaf w. Vegetable Demi White Rice Rosemary Potatoes w. Roasted Winter Vegetables Mixed Green Salad Drink Cezars Chocolate Cake 					Christmas Holiday Begin Upon Dismissal At 11:30 am				
EGG DAIRY WHEAT SESAME SOY					EGG DAIRY WHEAT FISH SOY					DAIRY WHEAT SOY					EGG DAIRY WHEAT									
Calorie 969kcal Protein 28.9g					Calorie 956kcal Protein 31.1g					Calorie 898kcal Protein					Calorie 880kcal Protein 42.3g									
18					19					20					21					22				
School Holiday					School Holiday					School Holiday					School Holiday					School Holiday				
25					26					27					28					29				
School Holiday					School Holiday					School Holiday					School Holiday					School Holiday				

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.