

January 2024



St. Mary's International School

| Monday | | | | | Tuesday | | | | | Wednesday | | | | | Thursday | | | | | Friday | | | | |
|---|--|--|--|--|---|--|--|--|--|---|--|--|--|--|---|--|--|--|--|--|--|--|--|--|
| 1 | | | | | 2 | | | | | 3 | | | | | 4 | | | | | 5 | | | | |
| School Holiday | | | | | School Holiday | | | | | School Holiday | | | | | School Holiday | | | | | School Holiday | | | | |
| 8 | | | | | 9 | | | | | 10 | | | | | 11 | | | | | 12 | | | | |
| School Holiday | | | | | Lemon & Olive Chicken Breast (V) Garbanzos w. Olive Tapenade White Rice Roasted Vegetables w. Mix Mushroom Mixed Green Salad Drink Chocolate Cake | | | | | Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Mixed Green Salad Drink Mikan & Pears | | | | | Fish Sticks w. Tartar Sauce (V) Tofu Fingers w. Honey Soy Sauce White Rice Ratatouille Mixed Green Salad Drink Apple Wedges | | | | | Barbeque Chicken Pizza (V) Margherita Pizza Winter Skillet Vegetable Pasta Buttered Corn Mixed Green Salad Drink Orange Wedges | | | | |
| | | | | | EGG DAIRY WHEAT | | | | | EGG DAIRY WHEAT SOY | | | | | EGG DAIRY WHEAT FISH SOY | | | | | DAIRY WHEAT SOY | | | | |
| | | | | | Calorie 841kcal Protein 40.5g | | | | | Calorie 926kcal Protein 37.1g | | | | | Calorie 973kcal Protein 32.5g | | | | | Calorie 948kcal Protein 36.1g | | | | |
| 15 | | | | | 16 | | | | | 17 | | | | | 18 | | | | | 19 | | | | |
| Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Sauteed Cabbage w. Corn Mixed Green Salad Drink Fresh Fruits | | | | | Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sauteed Broccoli Mixed Green Salad Drink Carrot Cake | | | | | Tandoori Chicken (V) Falafel w. Tzatziki Sauce White Rice Roasted Potato w. Spinach Mixed Green Salad Drink Coconut Tapioca w. Fruits | | | | | Butadon (Pork Rice Bowl) (V) Simmered Tofu w. Vegetables White Rice Okra Ohitashi w. Pickled Ginger Mixed Green Salad Drink Fresh Mikan | | | | | No School PD Day | | | | |
| EGG DAIRY WHEAT | | | | | EGG DAIRY WHEAT SOY | | | | | EGG DAIRY WHEAT FISH | | | | | WHEAT FISH SOY | | | | | | | | | |
| Calorie 771kcal Protein 42.1g | | | | | Calorie 916kcal Protein 35.1g | | | | | Calorie 829kcal Protein 44.7g | | | | | Calorie 862kcal Protein 23.4g | | | | | | | | | |
| 22 | | | | | 23 | | | | | 24 | | | | | 25 | | | | | 26 | | | | |
| Pasta all' Amatriciana (V) Pasta w. Eggplant Arrabiata Focaccia Pan Seared Zucchini w. Pesto Mixed Green Salad Drink Mixed Fruits | | | | | Chicken Fajitas (V) Vegetable Bean Tacos Flour Tortilla w. Half Rice Mexican Corn w. Tomato salsa Mixed Green Salad Drink Bread Pudding | | | | | Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Tomato, Onion, Pickles Drink Pineapple | | | | | Chicken Tikka Masala (V) Sprouted Mung Bean Curry White Rice Roasted Eggplant Mixed Green Salad Drink Sticky Ginger & Caramel Cake | | | | | Lemon Butter Whitefish (V) Tofu Meunier White Rice Roasted Pumpkin w. Spinach Mixed Green Salad Drink Peaches | | | | |
| EGG DAIRY WHEAT | | | | | EGG DAIRY WHEAT SOY | | | | | EGG DAIRY WHEAT SESAME | | | | | EGG DAIRY WHEAT SOY | | | | | DAIRY WHEAT FISH SOY | | | | |
| Calorie 861kcal Protein 27.8g | | | | | Calorie 871kcal Protein 42.4g | | | | | Calorie 846kcal Protein 32.6g | | | | | Calorie 919kcal Protein 36.4g | | | | | Calorie 777kcal Protein 44.5g | | | | |
| 29 | | | | | 30 | | | | | 31 | | | | | | | | | | | | | | |
| Pastrami Seasoned Chicken (V) Pastrami Seasoned Vegetables White Rice Parsley Boiled Potatoes Buttered Broccoli Drink Fruit Crumble | | | | | Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Snap Peas Fukujinzuke Drink Crispy Sweet Potatoes w. Syrup | | | | | Smoked Roasted Pork w. CK Chutney Sauce (V) Grilled Vegetable & White Bean Casserole White Rice Roasted Carrots w. Green Beans Mixed Green Salad Drink Peaches w. Berry sauce | | | | | | | | | | | | | | |
| EGG DAIRY WHEAT | | | | | EGG DAIRY WHEAT FISH SOY | | | | | EGG DAIRY WHEAT | | | | | | | | | | | | | | |
| Calorie 1003kcal Protein 33.7g | | | | | Calorie 973kcal Protein 30.4g | | | | | Calorie 937kcal Protein 31.8g | | | | | | | | | | | | | | |

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.