

February 2024



St. Mary's International School

Monday						Tuesday						Wednesday						Thursday						Friday					
																		1						2					
																		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						Thai Basil Chicken (V) Stir Fry Tofu White Rice Garlic Butter Spinach Mixed Green Salad Drink Banana Cake					
																		EGG DAIRY WHEAT SOY						EGG DAIRY WHEAT SESAME FISH SOY					
																		Calorie 824kcal Protein 26.2g						Calorie 834kcal Protein 47.9g					
5						6						7						8						World Pizza Day					
Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes w. Tsukemono Mixed Green Salad Drink Sliced Pineapple						Cajun Whitefish w. Tomato Creamy Salsa (V) Mediterranean Chickpea Stew White Rice Green Beans w. Carrot Mixed Green Salad Drink Fruits Crumble						Santa Fe Beef Tacos (V) Vegetable Bean Tacos Flour Tortilla Corn Salsa Mixed Green Salad Drink Fruit Jelly (V) Fresh Fruits						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 Primavera Pasta Roasted Eggplant w. Cauliflower in Garlic Oil Mixed Green Salad Drink Mixed Fruits					
EGG DAIRY WHEAT SESAME SOY						DAIRY WHEAT FISH						DAIRY WHEAT SOY						WHEAT SESAME FISH SOY						DAIRY WHEAT					
Calorie 971kcal Protein 28.8g						Calorie 801kcal Protein 31.6g						Calorie 851kcal Protein 25.3g						Calorie 834kcal Protein 43.0g						Calorie 877kcal Protein 28.2g					
12						13						14						15						16					
Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Shumai w. Dipping Sauce (V) Sesame Noodles Mixed Green Salad Drink Mixed Fruits						Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Mixed Green Salad Drink Orange Wedges						Shogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Steamed Broccoli w. Carrot Coin Mixed Green Salad Drink Sliced Peach w. Raspberry Sauce						Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Sautéed Cabbage w. Corn Mixed Green Salad Drink Mango Mousse						Sweet & Sour Fish (V) Sweet & Sour Tofu White Rice Chinese Stir fried Cabbage Mixed Green Salad Drink Mikan & Pears					
EGG DAIRY WHEAT SESAME FISH SOY						EGG DAIRY WHEAT FISH						EGG WHEAT SESAME FISH SOY						EGG DAIRY WHEAT						EGG DAIRY WHEAT					
Calorie 847kcal Protein 36.9g						Calorie 853kcal Protein 36.1g						Calorie 981kcal Protein 42.8g						Calorie 937kcal Protein 44.0g						Calorie 752kcal Protein 25.8g					
19						20						21						22						23					
Spaghetti Meatball (V) Zucchini Meatball Pasta Ciabatta Bread Broccoli w. Carrot Mixed Green Salad Drink Fresh Melon w. Grapes						Karaage Chicken (V) Tofu Karaage White Rice Edamame Gomaе w. Kimpira Gobo Mixed Green Salad Drink Fruit Yogurt w. Oats						Juicy Beef Burgers (V) Garbanzo w. Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Onion, Tomato & Pickle Drink Orange Wedges						No School Winter Holiday						No School Winter Holiday					
EGG DAIRY WHEAT						EGG DAIRY WHEAT SESAME SOY						EGG DAIRY WHEAT																	
Calorie 922kcal Protein 39.4g						Calorie 978kcal Protein 43.7g						Calorie 896kcal Protein 33.0g																	
26						27						28						29											
Penne Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sautéed Broccoli w. Carrot Flowers Mixed Green Salad Drink Panna Cotta						Chicken Fajitas (V) Vegetable Bean Fajitas Flour Tortilla w. Half Rice Roasted Corn w. Tomato Salsa Mixed Green Salad Drink Carrot Cake						Fish sticks w. Tartar Sauce (V) Tofu Fingers w. Honey Soy Sauce White Rice Ratatouille Mixed Green Salad Drink Apple Wedges						Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Turmeric Cauliflower Mixed Green Salad Drink Lemon Cake											
EGG DAIRY WHEAT						EGG DAIRY WHEAT SOY						EGG DAIRY WHEAT FISH SOY						EGG DAIRY WHEAT SOY											
Calorie 986kcal Protein 39.4g						Calorie 843kcal Protein 50.5g						Calorie 937kcal Protein 31.5g						Calorie 1063kcal Protein 48.5g											

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.