

March 2024



St. Mary's International School

Monday					Tuesday					Wednesday					Thursday					Friday				
																				1				
																				Crispy Thai Garlic Pork (V) Eggplant w. Tofu White Rice Spring Roll (V) Vegetable Spring Roll Mix Green Salad Drink Coconut Tapioca w. Fruits				
																				EGG DAIRY WHEAT SESAME FISH SOY				
																				Calorie 920kcal Protein 33.9g				
4					5					6					7					8 International Women's Day				
Soboro Chicken (V) Simmered Atsuage & Komatsuna White Rice Green Peas w. Japanese Egg Scramble Mix Green Salad Drink Apple Wedges					Spaghetti Meatball (V) Zucchini Meatball Pasta Ciabatta Bread Broccoli w. Carrot Mixed Green Salad Drink Oatmeal & Raisin Cookie					Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Snap Peas w. Fukujinzuke Mixed Green Salad Drink Orange Wedges					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Shumai w. Dipping Sauce (V) Sesame Noodles Mixed Green Salad Drink Mixed Fruits					Baked Cod w. Lemon Herb Butter (V) Zucchini w. Lemon & Garbanzo White Rice Parsley Baked Potatoes w. Green Beans Mix Green Salad Drink Chocolate Cake				
EGG WHEAT SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT FISH SOY					EGG DAIRY WHEAT SESAME FISH SOY					EGG DAIRY WHEAT FISH				
Calorie 963kcal Protein 40.0g					Calorie 1053kcal Protein 41.1g					Calorie 884kcal Protein 30.0g					Calorie 847kcal Protein 36.9g					Calorie 949kcal Protein 46.6g				
11					12					13					14					15				
Spring Lemon Garlic Chicken (V) Spinach w. Garbanzo & Tomatoes Parsley Buttered Noodles Asparagus w. Grilled Eggplant Mix Green Salad Drink Caramelized Pears					Santa Fe Pork Tacos (V) Vegetable Bean Tacos Flour Tortilla Corn Salsa Mixed Green Salad Drink Mango w. Pineapple					Coconut Chicken Curry (V) Vegetable Curry w. Tofu White Rice Grilled Okra w. Roasted Carrot Mix Green Salad Drink Pineapple Drop Cake					Bolognese Penne Pasta (V) Spaghetti w. Chick Peas in Pomodoro Garlic Focaccia Green Beans w. Peppers Mix Green Salad Drink Panna Cotta (V) Fresh Fruits					No School Student -Led & Parent- Teachers Conferences				
EGG DAIRY WHEAT					WHEAT SOY					EGG DAIRY WHEAT SOY					DAIRY WHEAT									
Calorie 865kcal Protein 36.8g					Calorie 826kcal Protein 25.6g					Calorie 953kcal Protein 35.5g					Calorie 969kcal Protein 38.0g									
18					19					20					21					22				
No School Spring Holiday					No School Spring Holiday					No School Spring Holiday					No School Spring Holiday					No School Spring Holiday				
25					26					27					28					29				
Fish Sticks w. Tartar Sauce (V) Tofu Fingers w. Honey Soy Sauce White Rice Ratatouille Mixed Green Salad Drink Fruit Jelly					Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Broccoli w. Garlic Oil Mixed Green Salad Drink Mikan & Pears					Tandoori Chicken (V) Falafel w. Tzatziki Sauce White Rice Roasted Potato w. Spinach Mixed Green Salad Drink Sliced Pineapple					Meat Lover's Pizza (V) Margherita Pizza Spinach Pesto Pasta Roasted Eggplant w. Cauliflower Mixed Green Salad Drink Mixed Fruits					No School Good Friday				
EGG DAIRY WHEAT FISH SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT SESAME					DAIRY WHEAT									
Calorie 981kcal Protein 31.7g					Calorie 909kcal Protein 36.4g					Calorie 732kcal Protein 42.1g					Calorie 915kcal Protein 30.3g									

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.