

April 2024

CEZARS™

St. Mary's International Schools

KITCHEN

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	International Carrot Day 4	5
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese w. Mini Rice Buttered Corn w. Green Beans Mixed Green Salad Drink Pear & Peach Crumble	Cajun Whitefish w. Vegetable Salsa (V) Mediterranean Chickpea Stew White Rice Green Beans w. Carrot Mixed Green Salad Drink Sliced Pineapple	Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Seared Peppers w. Mushrooms Burger Salad - Lettuce, Tomato Drink Orange Wedges	Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes & Tsukemono Mixed Green Salad Drink Carrot Cake	Spaghetti w. Meatballs (V) Zucchini Meatball Pasta Herb Focaccia Broccoli w. Carrot Mixed Green Salad Drink Fresh Fruits
DAIRY WHEAT	EGG DAIRY WHEAT FISH	EGG DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT
Calorie 967kcal Protein 41.4g	Calorie 689kcal Protein 30.8g	Calorie 813kcal Protein 31.4g	Calorie 969kcal Protein 30.9g	Calorie 849kcal Protein 33.9g
8	9	10	11	12
Yakiniku Chicken (V) Grilled Japanese Vegetables w. Tofu White Rice Spring Roll w. Dipping Sauce (V) Vegetable Tempura Mix Green Salad Drink Mikan	Beef Spaghetti Ragù (V) Spaghetti w. Chick Peas in Pomodoro Bread Rolls Green Beans w. Peppers Mixed Green Salad Drink Sliced Melon w. Grapes	Thai Basil Chicken (V) Thai Vegetable Curry White Rice Eggplant w. Spinach Mixed Green Salad Drink Mango Drop Cake	Char Siu (V) Sesame Vegetable Noodles w. Tofu White Rice Snap Peas w. Carrot Flowers Mix Green Salad Drink Coconut Tapioca w. Fruits	Penne Pasta w. Chicken Pesto (V) Penne Pasta w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans w. Eggplant Mix Green Salad Drink Panna Cotta (V) Fresh Fruits
WHEAT SESAME SOY	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT SESAME FISH SOY	WHEAT SESAME FISH SOY	EGG DAIRY WHEAT SOY
Calorie 816kcal Protein 35.8g	Calorie 921kcal Protein 35.0g	Calorie 833kcal Protein 46.4g	Calorie 879kcal Protein 23.5g	Calorie 872kcal Protein 36.5g
15	16	17	18	19
Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Sesame Noodles Stir Fry Vegetables Drink Sliced Pineapple	Salisbury Steak w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi White Rice Spring Roasted Vegetables w. Brussel Sprouts Mix Green Salad Drink Peaches w. Raspberry Sauce	Thai Marinated Fish Fillet (V) Vegetarian Pad Thai White Rice Grilled Bok Choy w. Bamboo Strips Mixed Green Salad Drink Coconut Cake	Sweet & Sour Chicken (V) Stir Fry Tofu White Rice Soy Glazed Eggplant w. Okra Ohitashi Mix Green Salad Drink Pineapple w. Mikan	Meat Lover's Pizza (V) Margherita Pizza Spinach Pesto Pasta Roasted Eggplant w. Cauliflower Mixed Green Salad Drink Mixed Fruits
WHEAT SESAME SOY	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT SESAME FISH SOY	WHEAT SESAME FISH SOY	DAIRY WHEAT
Calorie 871kcal Protein 37.0g	Calorie 940kcal Protein 27.2g	Calorie 925kcal Protein 30.8g	Calorie 803kcal Protein 29.2g	Calorie 809kcal Protein 28.3g
22	23	24	25	Superhero Day Special 26
Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Carrots Mixed Green Salad Drink Fruit Yogurt w. Oats	Smoked Roasted Pork w. Chutney (V) Grilled Vegetable & White Bean Casserole White Rice Mixed Roasted Vegetable Mix Green Salad Drink Pineapple w. Mikan	Tandoori Chicken (V) Vegetable Makhani w. Tofu White Rice Kheema Chick Pea Curry Salted Cucumber w. Coriander & Lemon Drink Mango w. Tapioca	Seafood Tacos (V) Vegetable Bean Tacos Flour Tortilla Corn Salsa Mixed Green Salad Drink Fruits Jelly	Hulks Favorite Burger (V) Phoenix Golden Vegetable Burger Ironman Loved Potato Wedges Wonder Woman Sautéed Mushrooms Captain America Burger Salad Drink Marvel Marble Cake
DAIRY WHEAT	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT SOY	WHEAT FISH SOY	EGG DAIRY WHEAT SESAME SOY
Calorie 845kcal Protein 43.5g	Calorie 870kcal Protein 30.1g	Calorie 825kcal Protein 44.4g	Calorie 694kcal Protein 29.3g	Calorie Protein
29	30			
Pasta all' Amatriciana (V) Pasta w. Eggplant Arrabbiata Focaccia Grilled Zucchini Garbanzos w. Pesto Mixed Green Salad Drink Mixed Fruits	Chicken Nachos (V) Vegetable Bean Fajitas White Rice Roasted Corn w. Salsa Mix Green Salad Drink Caramel Custard			
EGG DAIRY WHEAT	EGG DAIRY WHEAT FISH SOY			
Calorie 825kcal Protein 26.8g	Calorie 810kcal Protein 28.8g			



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.