

May 2024



St. Mary's International School

Monday					Tuesday					Wednesday					Thursday					Friday				
										1					2					3				
										BBQ Roasted Pork (V) Grilled Vegetable & White Bean Casserole White Rice Gratin Potatoes Mix Green Salad Drink Fruits Jelly					No School Green Day					No School National Holiday				
										DAIRY WHEAT SOY														
										Calorie 894kcal Protein 38.8g														
6					7					8					9					10				
Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Snap Peas w. Fukujinzuke Mix Green Salad Drink Sliced Pineapple					Thai Basil Chicken (V) Thai Vegetable Curry White Rice Sauteed Broccoli Mix Green Salad Drink Carrot Cake					Whitefish w. Tomato Salsa Mediterranean Chickpea Stew White Rice Oven Roasted Vegetables Mix Green Salad Drink Jelly (V) Fresh Fruits					Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Roasted Carrots Mix Green Salad Drink Fruits & Oat Crumble					Meat Lover's Pizza (V) Margherita Pizza Napolitan Pasta Cauliflower w. Garlic Oil Mix Green Salad Drink Mixed Fruits				
DAIRY WHEAT SOY					EGG DAIRY WHEAT FISH SOY					DAIRY FISH					DAIRY WHEAT SOY					EGG DAIRY WHEAT				
Calorie 962kcal Protein 33.0g					Calorie 945kcal Protein 52.4g					Calorie 780kcal Protein 32.9g					Calorie 963kcal Protein 45.9g					Calorie 812kcal Protein 40.8g				
13					14					15					16					17				
No School Carnival Recovery Day					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Stir Fry Vegetables Mix Green Salad Drink Fruits w. Tapioca					Penne Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sauteed Broccoli w. Carrot Flowers Mixed Green Salad Drink Chocolate Cake					Butadon (Pork Rice Bowl) (V) Simmered Tofu w. Vegetables White Rice Okra Ohitashi w. Pickled Ginger Mixed Green Salad Drink Orange Wedges					Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Turmeric Cauliflower Mixed Green Salad Drink Mixed Fruits				
					WHEAT SESAME FISH SOY					EGG DAIRY WHEAT					WHEAT SESAME FISH SOY					EGG DAIRY WHEAT SOY				
					Calorie 958kcal Protein 38.3g					Calorie 947kcal Protein 35.9g					Calorie 960kcal Protein 27.0g					Calorie 972kcal Protein 49.7g				
20					21					22					23					24				
Chicken Fajitas (V) Vegetable Bean Fajitas Flour Tortilla w. Half Rice Roasted Corn w. Tomato Salsa Mixed Green Salad Drink Peaches w. Berry Sauce					Shogayaki (Ginger Pork) (V) Vegetable Yakisoba w. Aburaage White Rice Steamed Broccoli w. Carrot Coin Mixed Green Salad Drink Orange Wedges					Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Mixed Green Salad Drink Fresh Fruits					Fish Sticks w. Tartar Sauce (V) Tofu Fingers w. Honey Soy Sauce White Rice Ratatouille Mixed Green Salad Drink Apple Wedges					Roasted Rosemary Chicken w. Gravy (V) Vegetarian Loaf w. Vegetable Demi White Rice Baked Potatoes w. Vegetables Mixed Green Salad Drink Panna Cotta (V) Fresh Fruits				
DAIRY WHEAT SOY					WHEAT SESAME FISH SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT FISH SOY					EGG DAIRY WHEAT				
Calorie 890kcal Protein 52.2g					Calorie 909kcal Protein 41.4g					Calorie 970kcal Protein 39.7g					Calorie 998kcal Protein 34.8g					Calorie 9968kcal Protein 48.0g				
27					28					29					30					31				
Spaghetti w. Meatballs (V) Zucchini Meatball Pasta Bread Rolls Broccoli w. Carrot Mixed Green Salad Drink Fresh Fruits					Soboro Chicken (V) Simmered Atsuage and Komatsuna White Rice Green Peas w. Japanese Egg Scramble Mix Green Salad Drink Apple Wedges					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Burger Salad & Vegetables Mix Green Salad Drink Caramelized Pears					Pastrami Seasoned Chicken (V) Pastrami Seasoned Vegetables White Rice Parsley Boiled Potatoes w. Broccoli Mix Green Salad Drink Bread Pudding					Cajun Whitefish w. Tomato Creamy Salsa (V) Mediterranean Chickpea Stew White Rice Green Beans w. Carrot Mixed Green Salad Drink Oatmeal & Raisin Cookie				
EGG DAIRY WHEAT					EGG WHEAT FISH SOY					EGG DAIRY WHEAT SESAME SOY					EGG DAIRY WHEAT					DAIRY WHEAT FISH				
Calorie 842kcal Protein 35.8g					Calorie 966kcal Protein 39.5g					Calorie 989kcal Protein 35.9g					Calorie 919kcal Protein 46.7g					Calorie 873kcal Protein 36.1g				

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.