

# Summer School June 2024



# Saint Maur International School

Monday					Tuesday					Wednesday					Thursday					Friday									
															1					2									
5					6					7					8					9									
10					11					12					13					14									
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole White Rice Chateau Cut Roasted Carrot Mixed Green Salad Fresh Fruit					Pork Tacos (V) Vegetable Bean Tacos White Rice Pico de Gallo, Salsa Mixed Green Salad CK Signature Chocolate Chip Cookies					Karaage Chicken (V) Tofu Karaage White Rice Roasted Broccoli Mixed Green Salad Vanilla Cake					Beef Lasagna (V) Vegetable Lasagna w. Chick Pea Focaccia Garlic Green Beans Mixed Green Salad Sliced Melon					Chicken Fajitas (V) Vegetable Bean Fajitas Tortillas w. Rice Roasted Corn Mixed Green Salad Pineapple Wedges									
DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	
	Calorie	753kcal	Protein	30.9g			Calorie	721kcal	Protein	19.9g			Calorie	788kcal	Protein	40.0g			Calorie	822kcal	Protein	33.2g			Calorie	723kcal	Protein	37.6g	
17					18					19					20					21									
Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Sesame Noodles Mixed Green Salad Home Made Cinnamon Rolls					Frutti Di Mare Pasta (V) Spaghetti w. Asparagus & Chick Peas Herb Rolls Grilled Zucchini Mushrooms w. Pesto Fresh Banana					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Lettuce, Onion, Tomato Orange Wedges					Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Stewed Cabbage Mixed Green Salad Fresh Fruit w. Lime Zest					Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Vegetable Croquette Mixed Green Salad Vanilla Cake									
EGG	DAIRY	WHEAT	SESAME	SOY	EGG	DAIRY	WHEAT		Fish	SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY	
		Calorie	763kcal	Protein	35.9g			Calorie	668kcal	Protein	25.3g			Calorie	803kcal	Protein	27.9g			Calorie	894kcal	Protein	31.2g			Calorie	923kcal	Protein	29.2g
24					25					26					27					28									
Tonkatsu w. Shredded Cabbage (V) Tofu Katsu w. Shredded Cabbage White Rice Broccoli Mixed Green Salad Mix Fruit Crumble					Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Green Beans Mixed Green Salad Sliced Melon					Coq Au Vin (V) Lentil & Mushroom Au Vin Mashed Potatoes Carrots Vichy Mixed Green Salad Chocolate Cake					Pepperoni Pizza (V) Cheese Pizza Pasta Primavera Carrots Batons Mixed Green Salad Mango in Syrup					Cezars Roast Pork w. Gravy (V) Vegetarian Loaf w. Savory Demi White Rice Roasted Carrots Mixed Green Salad Mikan Jelly (V) Cocktail Mikan									
EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT					DAIRY	WHEAT				EGG	DAIRY	WHEAT			SOY	
		Calorie	922kcal	Protein	30.1g			Calorie	812kcal	Protein	32.5g			Calorie	715kcal	Protein	26.9g			Calorie	681kcal	Protein	22.0g			Calorie	726kcal	Protein	28.1g

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 School Students.