

Summer School 2025										CEZARS TM KITCHEN										Saint Maur International School										
Monday						Tuesday						Wednesday						Thursday						Friday						
16-6						17-6						18-6						19-6						20-6						
Karaage Chicken						Pork Tacos						Barbeque Chicken						Beef Lasagna						Chicken Fajitas						
(V) Tofu Karaage						(V) Vegetable Bean Tacos						(V) Grilled Vegetable & White Bean Casserole						(V) Vegetable Lasagna w. Chick Pea						(V) Vegetable Bean Fajitas						
White Rice						White Rice						White Rice						Focaccia						Tortillas w. Rice						
Roasted Broccoli						Pico de Gallo, Salsa						Chateau Cut Roasted Carrot						Garlic Green Beans						Roasted Corn						
Mixed Green Salad						Mixed Green Salad						Mixed Green Salad						Mixed Green Salad						Mixed Green Salad						
Chocolate Cake						Watermelon						CK Signature Chocolate Chip Cookies						Sliced Melon						Pineapple Wedges						
EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT					DAIRY	WHEAT			SOY	
		Calorie	788kcal	Protein	40.0g			Calorie	797kcal	Protein	26.7g			Calorie	791kcal	Protein	32.0g			Calorie	809kcal	Protein	34.5g			Calorie	850kcal	Protein	53.6g	
23-6						24-6						25-6						26-6						27-6						
Teriyaki Chicken						Frutti Di Mare Pasta						Juicy Beef Burgers						Fish Fingers w. Tartar Sauce						Japanese Chicken Curry						
(V) Teriyaki Tofu w. Daikon						(V) Spaghetti w. Asparagus & Chick Peas						(V) Grilled Vegetable Burgers						(V) Crispy Lemon Pepper Tofu						(V) Japanese Tofu Curry						
White Rice						Herb Rolls						Crispy Potato Wedges						White Rice						White Rice						
Gyoza w. Dipping Sauce (V) Sesame Noodles						Grilled Zucchini						Roasted Green Beans						Stewed Cabbage						Vegetable Croquette						
Mixed Green Salad						Mushrooms w. Pesto						Burger Salad - Lettuce, Onion, Tomato						Mixed Green Salad						Mixed Green Salad						
Home Made Cinnamon Rolls						Fresh Banana						Orange Wedges						Fresh Fruit w. Lime Zest						Vanilla Cake						
EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT		Fish	SOY	EGG	DAIRY	WHEAT			SOY		DAIRY	WHEAT				SOY	EGG	DAIRY	WHEAT			SOY
		Calorie	865kcal	Protein	33.8g			Calorie	719kcal	Protein	26.7g			Calorie	826kcal	Protein	28.2g			Calorie	894kcal	Protein	31.2g			Calorie	923kcal	Protein	29.3g	
30-6						01-7						02-7						03-7						04-7						
Tonkatsu w. Shredded Cabbage						Spaghetti Bolognese						Coq Au Vin						Pepperoni Pizza						Cezars Roast Pork w. Gravy						
(V) Tofu Katsu w. Shredded Cabbage						(V) Spaghetti w. Chick Peas in Pomodoro						(V) Lentil & Mushroom Au Vin						(V) Cheese Pizza						(V) Vegetarian Loaf w. Savory Demi						
White Rice						Garlic Bread						Mashed Potatoes						Pasta Primavera						White Rice						
Steamed Broccoli						Sauteed Garlic Green Beans						Roasted Asparagus						Carrots Batons						Grilled Zucchini						
Mixed Green Salad						Mixed Green Salad						Mixed Green Salad						Mixed Green Salad						Mixed Green Salad						
Mix Fruit Crumble						Sliced Melon						Chocolate Cake						Mango in Syrup						Mikan Jelly (V) Cocktail Mikan						
EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT					DAIRY	WHEAT					EGG	DAIRY	WHEAT			SOY
		Calorie	969kcal	Protein	30.9g			Calorie	812kcal	Protein	32.5g			Calorie	824kcal	Protein	31.9g			Calorie	802kcal	Protein	24.7g			Calorie	774kcal	Protein	29.2g	

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.