

# December 2024



# Horizon Japan International School

| Monday                                       |         |         |       |  | Tuesday                      |         |         |       |     | Wednesday                                 |         |         |       |  | Thursday                      |         |         |         |       | Friday  |         |         |         |       |  |
|--|---------|---------|-------|--|------------------------------|---------|---------|-------|-----|---|---------|---------|-------|--|-------------------------------|---------|---------|---------|-------|---|---------|---------|---------|-------|--|
| 2  |         |         |       |  | 3                            |         |         |       |     | 4   |         |         |       |  | 5                             |         |         |         |       | 6   |         |         |         |       |  |
| Barbeque Chicken                             |         |         |       |  | (V) Margherita Pizza         |         |         |       |     | Chicken Parmesan                          |         |         |       |  | Beef Bolognese                |         |         |         |       | Tandoori Chicken  |         |         |         |       |  |
| (V) Grilled Vegetable & White Bean Casserole |         |         |       |  | Green Leaf Salad w. Dressing |         |         |       |     | (V) Eggplant Parmesan                     |         |         |       |  | (V) Vegetarian Bolognese      |         |         |         |       | (V) Vegetable Makhani   |         |         |         |       |  |
| Mac N Cheese                                 |         |         |       |  | Asparagus w. Lemon           |         |         |       |     | White Rice                                |         |         |       |  | Spaghetti Pasta               |         |         |         |       | White Rice  |         |         |         |       |  |
| Roasted Corn                                 |         |         |       |  | Baked Chateau Carrots        |         |         |       |     | Ratatouille                               |         |         |       |  | Baked Cauliflower             |         |         |         |       | Roasted Pumpkin   |         |         |         |       |  |
| Garlic Green Beans                           |         |         |       |  | Vegetable Kale Soup          |         |         |       |     | Grilled Eggplant                          |         |         |       |  | Steamed Broccoli              |         |         |         |       | Mixed Cabbage Salad   |         |         |         |       |  |
| Tomato Soup                                  |         |         |       |  | Spice Poached Pears          |         |         |       |     | Minestrone Soup                           |         |         |       |  | Zuppa Toscana                 |         |         |         |       | Mulligatawny Soup   |         |         |         |       |  |
| Mixed Berry Cobbler                          |         |         |       |  |                              |         |         |       |     | Cinnamon Streusel Cake                    |         |         |       |  | Mikan Jelly                   |         |         |         |       | Fresh Oranges   |         |         |         |       |  |
| DAIRY  | WHEAT   |         |       |  | DAIRY                        | WHEAT   |         |       |     | EGG                                       | DAIRY   | WHEAT   |       |  |                               | DAIRY   | WHEAT   |         |       |   | DAIRY   |         |         |       |  |
| Calorie                                      | 947kcal | Protein | 52.8g |  | Calorie                      | 684kcal | Protein | 20.5g |     | Calorie                                   | 880kcal | Protein | 36.0g |  |                               | Calorie | 937kcal | Protein | 40.1g |   | Calorie | 889kcal | Protein | 40.8g |  |
| 9  |         |         |       |  | 10                           |         |         |       |     | 11  |         |         |       |  | 12                            |         |         |         |       | <b>Holiday Special 13</b>   |         |         |         |       |  |
| Herb Roasted Chicken                         |         |         |       |  | Teriyaki Fish                |         |         |       |     | Chicken Cacciatore                        |         |         |       |  | Stir Fried Beef & Broccoli    |         |         |         |       | Cranberry & Dijon Roasted Chicken   |         |         |         |       |  |
| (V) Grilled Vegetables w. Legumes            |         |         |       |  | (V) Teriyaki Tofu w. Daikon  |         |         |       |     | (V) Cannellini Bean & Mushroom Cacciatore |         |         |       |  | (V) Vegetable & Tofu Stir Fry |         |         |         |       | (V) Cranberry Dijon Roasted Veg & Beans   |         |         |         |       |  |
| White Rice                                   |         |         |       |  | White Rice                   |         |         |       |     | Tomato Pasta                              |         |         |       |  | White Rice                    |         |         |         |       | White Rice  |         |         |         |       |  |
| Grilled Asparagus w. Parmesan                |         |         |       |  | Japanese Stewed Vegetables   |         |         |       |     | Pesto Cheese Eggplant                     |         |         |       |  | Asian Steamed Vegetables      |         |         |         |       | Festive Butternut Squash  |         |         |         |       |  |
| Roasted Peppers & Onions                     |         |         |       |  | Kimpira Renkon               |         |         |       |     | Steamed Carrots                           |         |         |       |  | Sesame Snap Peas              |         |         |         |       | Asparagus w. Meyer Lemon Bread Crumbs   |         |         |         |       |  |
| Vegetable Soup                               |         |         |       |  | Aburaage Soup                |         |         |       |     | Florentine Soup                           |         |         |       |  | Egg Drop Soup                 |         |         |         |       | Broccoli & Stilton Soup   |         |         |         |       |  |
| Carrot Cake                                  |         |         |       |  | Sliced Pineapple             |         |         |       |     | Apple Crumble                             |         |         |       |  | Fresh Mikan                   |         |         |         |       | Christmas Fruits Cake  |         |         |         |       |  |
| EGG  | DAIRY   | WHEAT   |       |  |                              | WHEAT   | SESAME  | FISH  | SOY | EGG                                       | DAIRY   | WHEAT   |       |  | EGG                           |         | WHEAT   | SESAME  | SOY   | EGG   | DAIRY   | WHEAT   |         |       |  |
| Calorie                                      | 976kcal | Protein | 49.4g |  | Calorie                      | 610kcal | Protein | 32.6g |     | Calorie                                   | 969kcal | Protein | 33.7g |  | Calorie                       | 835kcal | Protein | 36.0g   |       | Calorie   | 970kcal | Protein | 27.0g   |       |  |
| 16   |         |         |       |  | 17                           |         |         |       |     | 18  |         |         |       |  | 19                            |         |         |         |       | 20  |         |         |         |       |  |
| School Holiday                               |         |         |       |  | School Holiday               |         |         |       |     | School Holiday                            |         |         |       |  | School Holiday                |         |         |         |       | School Holiday  |         |         |         |       |  |
| 23   |         |         |       |  | 24                           |         |         |       |     | 25  |         |         |       |  | 26                            |         |         |         |       | 27  |         |         |         |       |  |
| School Holiday                               |         |         |       |  | School Holiday               |         |         |       |     | School Holiday                            |         |         |       |  | School Holiday                |         |         |         |       | School Holiday  |         |         |         |       |  |
| 30   |         |         |       |  | 31                           |         |         |       |     |   |         |         |       |  |                               |         |         |         |       |   |         |         |         |       |  |
| School Holiday                               |         |         |       |  | School Holiday               |         |         |       |     |   |         |         |       |  |                               |         |         |         |       |   |         |         |         |       |  |

(V) Vegetarian Main Course

Cezars Kitchen menu does not contain nuts  
Menu may change depending on ingredient availability

| Monday  |         |         |       |  | Tuesday   |         |         |       |  | Wednesday  |         |         |       |  | Thursday  |         |         |         |       | Friday  |         |         |         |       |  |
|---|---------|---------|-------|--|---|---------|---------|-------|--|--|---------|---------|-------|--|---|---------|---------|---------|-------|---|---------|---------|---------|-------|--|
| 2   |         |         |       |  | 3   |         |         |       |  | 4  |         |         |       |  | 5   |         |         |         |       | 6   |         |         |         |       |  |
| BBQチキン<br>(V) グリル野菜と白いんげん豆のキャセロール<br>マカロニチーズ<br>ローストコーン<br>いんげんのガーリックソテー<br>トマトスープ<br>ミックスベリーコブラー |         |         |       |  | (V) マルゲリータピザ<br>グリーンリーフサラダ<br>アスパラガスのレモン風味<br>ベイクドキャロット<br>野菜とケールのスープ<br>洋梨のコンポート |         |         |       |  | 鶏肉のパルメザン焼き<br>(V) なすのパルメザン焼き<br>ご飯<br>ラタトゥイユ<br>なすのグリル<br>ミネストローネ<br>シナモンシュトロイゼル                     |         |         |       |  | ビーフボロネーゼ<br>(V) ベジタリアンボロネーゼ<br>スパゲッティ<br>ベイクドカリフラワー<br>ブロッコリーの温野菜<br>ズップトスカーナ<br>みかんゼリー |         |         |         |       | タンドリーチキン<br>(V) 野菜のマッカーニ<br>ご飯<br>かぼちゃのロースト<br>ミックスキャベツサラダ<br>マリガタウニースープ<br>オレンジ  |         |         |         |       |  |
| 乳   | 小麦      |         |       |  | 乳   | 小麦      |         |       |  | 卵  | 乳       | 小麦      |       |  |   | 乳       | 小麦      |         |       |   | 乳       | 小麦      |         |       |  |
| Calorie   | 947kcal | Protein | 52.8g |  | Calorie   | 684kcal | Protein | 20.5g |  | Calorie  | 880kcal | Protein | 36.0g |  |   | Calorie | 937kcal | Protein | 40.1g |   | Calorie | 889kcal | Protein | 40.8g |  |
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| ハーブローストチキン<br>(V) 野菜と豆のグリル<br>ご飯<br>アスパラガスのパルメザン焼き<br>ピーマンと玉ねぎのロースト<br>野菜スープ<br>キャロットケーキ          |         |         |       |  | 魚の照り焼き<br>(V) 豆腐と大根の照り焼き<br>ご飯<br>野菜の煮物<br>きんぴらレンコン<br>油揚げスープ<br>パイナップル           |         |         |       |  | チキンカチャトーラ<br>(V) 白いんげん豆ときのこのカチャトーラ<br>トマトパスタ<br>なすのジェノベーゼチーズ焼き<br>にんじんの温野菜<br>フィレンツェ風スープ<br>アップル克蘭ブル |         |         |       |  | 牛肉とブロッコリー炒め<br>(V) 野菜と豆腐炒め<br>ご飯<br>アジア風蒸し野菜<br>スナックエンドウのごま和え<br>たまごスープ<br>みかん          |         |         |         |       | ローストチキンのクランベリー & デイジヨンマスタードソース<br>(V) 野菜と豆のクランベリー & ティジョンソース<br>ご飯<br>バターナッツかぼちゃ<br>アスパラガスのマイヤーレモン風パン粉焼き<br>ブロッコリーとスティルトンチーズスープ<br>クリスマスフルーツケーキ |         |         |         |       |  |
| 卵   | 乳       | 小麦      |       |  | 小麦  | ごま      | 魚       | 大豆    |  | 卵  | 乳       | 小麦      |       |  |   | 卵       | 小麦      | ごま      | 大豆    |   | 卵       | 乳       | 小麦      |       |  |
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| 30  |         |         |       |  | 31  |         |         |       |  |  |         |         |       |  |   |         |         |         |       |   |         |         |         |       |  |
| School Holiday  |         |         |       |  | School Holiday  |         |         |       |  |  |         |         |       |  |   |         |         |         |       |   |         |         |         |       |  |



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