

# March 2023



# Horizon Japan International School

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>Vegetarian Day</b>
		1 Fish Fingers (V) Chick Pea Fingers White Rice Steamed Carrots Green Peas Vegetable Soup Fruit Jelly	2 Cezars Roast Chicken (V) Grilled Vegetables w. Yaki Tofu Baked Potatoes Buttered Corn Seasoned Broccoli Pumpkin Soup Banana Cake	3 (V) Margherita Pizza Tomato & Eggplant Confit Stir Fry Greens w. Garlic Mix Beans & Olive Salad Tomato Soup Fresh Fruit
		EGG DAIRY WHEAT FISH SOY Calorie 932kcal Protein 32.1g	EGG DAIRY WHEAT SOY Calorie 732kcal Protein 44.6g	DAIRY WHEAT Calorie 528kcal Protein 17.2g
6	7	8	9	10
Meatball Pasta (V) Vege Meatball Pasta Ciabatta Rolls Grilled Zucchini Roasted Eggplant Vegetable Consommé Sliced Pineapple	Soboro Chicken (V) Soboro Soy Meat White Rice Green Peas & Corn Japanese Egg Scramble Miso Soup Apple Wedges w. Grapes	Baked Cod w. Lemon Herb Butter (V) Zucchini w. Lemon & Garbanzo White Rice Parsley Boiled Potatoes Garlic Green Beans Corn & Leek Soup Chocolate Cake	Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese Carrot Batons Buttered Corn French Onion Soup Fresh Mikan	Juicy Beef Burgers (V) Bean & Veg Burgers Crispy Potato Wedges Coleslaw Grilled Peppers Lentil Soup Orange Jelly
EGG DAIRY WHEAT FISH SOY Calorie 845kcal Protein 33.7g	EGG WHEAT FISH SOY Calorie 861kcal Protein 40.6g	EGG DAIRY WHEAT FISH SOY Calorie 793kcal Protein 29.3g	DAIRY WHEAT SOY Calorie 823kcal Protein 41.8g	EGG DAIRY WHEAT SOY Calorie 904kcal Protein 31.6g
13	14	15	16	17
Roasted Chicken w. Leeks (V) Asparagus Tofu Hollandaise Gratin White Rice Carrot Flowers Eggplant w. Capers Potato Soup Lemon Cake	Thai Stir-fry Beef & Broccoli (V) Basil Eggplant w. Tofu White Rice Stir Fried Asian Greens Pad Thai Vegetable Soup Mango w. Tapioca	Chicken Taco Rice (V) Vegetable Bean Taco Rice White Rice Tortilla Chips Corn Salsa Carrot Soup Orange Wedges	Braised Whitefish in a Citrus BBQ Sauce (V) Crispy Tofu in Citrus Sauce White Rice Kimpira Burdock Komatsuna Egg Drop Soup Apple Jelly	Chicken Karaage (V) Crispy Tofu in Citrus Sauce White Rice Japanese Potato Salad Sauteed Broccoli Egg Drop Soup Mixed Fresh Fruits
EGG DAIRY WHEAT SOY Calorie 844kcal Protein 42.9g	WHEAT FISH SOY Calorie 816kcal Protein 27.8g	WHEAT SOY Calorie 786kcal Protein 34.0g	EGG DAIRY WHEAT SESAME FISH SOY Calorie 786kcal Protein 38.7g	EGG DAIRY WHEAT SOY Calorie 913kcal Protein 33.2g
20	21	22	23	24
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
27	28	29	30	31
Spring Break	Japanese Beef Curry (V) Japanese Tofu Curry White Rice Croquettes Japanese Pickles Miso Soup Fresh Oranges	Sesame Chicken w. Honey Mustard Sauce (V) Tofu Karaage White Rice Steamed Broccoli Eggplant Parmesan Wakame Soup Sponge Cake	Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans Grilled Peppers Corn Soup Seedless Grapes	Moroccan Style Baked Fish (V) Baked Vegetables & Tofu White Rice Cous Cous Salad Grilled Onions & Eggplant Chicken Soup (V) Vegetable Soup Fresh Bananas
	EGG DAIRY WHEAT SESAME SOY Calorie 836kcal Protein 28.6g	EGG DAIRY WHEAT SESAME SOY Calorie 939kcal Protein 46.3g	EGG DAIRY WHEAT Calorie 769kcal Protein 32.1g	EGG DAIRY WHEAT FISH SOY Calorie 893kcal Protein 36.2g



(V) Vegetarian Main Course

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

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Table with columns for days of the week (Monday-Friday) and rows for dates (1-31). Each row contains a list of menu items and a table of nutritional information (Calorie, Protein) for various ingredients like eggs, milk, wheat, fish, and soybeans.

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