

April 2024



Horizon Japan International School (Kinder)

Monday					Tuesday					Wednesday					Thursday					Friday							
1					2					3					4					5							
Japanese Chicken Curry (V) Vegetable Curry White Rice Steamed Broccoli Fukujinzuke Apple Jelly					Beef Bolognese (V) Arrabiatta w. Parmesan Spaghetti Green Beans Grilled Peppers Orange Wedges					Sweet & Sour Chicken (V) Sweet & Sour Vegetables & Tofu White Rice Soy Eggplant Asian Greens Lemon Custard					Chicken Hache (V) Vegetable Tofu Hache Herb Roasted Potato Honey Roasted Carrot Steamed Cauliflower Carrot Cake 					Holiday							
DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT								SOY	
Calorie	530kcal	Protein	20.3g		Calorie	476kcal	Protein	21.3g		Calorie	497kcal	Protein	20.8g			Calorie	481kcal	Protein	17.2g								
8					9					10					11					12							
Barbeque Chicken (V) Grilled Vegetables w. Yaki Tofu White Rice Buttered Corn Grilled Zucchini Chocolate Cake					Chicken Stroganoff (V) Eggplant & Tofu Stroganoff Buttered Noodles French Beans Roasted Corn w. Paprika Apple Wedges					Baked Cod w. Herbed Beurre Blanc (V) Baked Vegetables w. Herbed Beurre Blanc Boiled potato Escabeche Carrot & Onion Steamed Green Beans Mixed Tropical Fruit					Tandoori Chicken (V) Falafel w. Tzatziki Sauce White Rice Steamed Cauliflower Spinach w. Lemon Zest Cardamon Rice Pudding					Hayashi Beef (V) Edamame Stir Fry w. Sesame & Garlic White Rice Snap Peas Fukujinzuke (Pickled Lotus & Daikon) Matcha Custard							
EGG	DAIRY	WHEAT		SOY		DAIRY	WHEAT		SOY		DAIRY	WHEAT		FISH		EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		FISH	SOY	
Calorie	479kcal	Protein	22.0g		Calorie	513kcal	Protein	18.7g		Calorie	327kcal	Protein	24.5g			Calorie	483kcal	Protein	25.4g			Calorie	527kcal	Protein	18.2g		
15					16					17					18					19							
Butter Chicken (V) Butter Chick Peas & Vegetables White Rice Vegetable Makhani Turmeric Cauliflower Orange Jelly					Frutti Di Mare (V) Asparagus & Bean Spaghetti Spaghetti Pasta Green Peas Zucchini Yoghurt Cake					Oregano Roast Chicken w. Tzatziki (V) Roast Vegetables & Tofu Bread Rolls Steamed Broccoli Roasted Carrots Peach w. Cinnamon Crumble					Teriyaki Chicken (V) Miso Eggplant w. Aburaage White Rice Edamame Gomaee Roasted Corn Mikan Kantan					Beef Bulgogi (V) Tofu & Shimeji Bulgogi White Rice Grilled Onions & Peppers Miso Baked Eggplant Caramelized Pears							
DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT		FISH		DAIRY	WHEAT				DAIRY	WHEAT		SOY		DAIRY	WHEAT			SOY		
Calorie	469kcal	Protein	15.2g		Calorie	563kcal	Protein	19.4g		Calorie	504kcal	Protein	24.6g			Calorie	498kcal	Protein	20.5g			Calorie	470kcal	Protein	19.8g		
22					23					24					25					26							
Chicken Cacciatore (V) Tomato & Vegetable Pasta Penne Pasta Roasted Pumpkin Zucchini w. Eggplant Mixed Fruits Ambrosia					Creamy Chicken Stew (V) Creamy Vegetable Stew w. Parmesan White Rice Steamed Carrot Sautéed Spinach Banana					Baked Fish w. Paprika Sauce (V) Lentils w. Paprika Sauce Mashed Potato Steamed Mixed Vegetables Broccoli Panna Cotta					Miso Chicken (V) Miso Tofu & Vegetables White Rice Corn Daikon Nimono Orange Wedges					Hulks Favourite Burger (V) Hulks Favourite Tofu Burger Iron Man Loved Fries Wonder Women Sautéed Mushrooms Wolverines Caramelized Power Onion Marvel Marble Cake 							
DAIRY	WHEAT			SOY		DAIRY	WHEAT		SOY		DAIRY	WHEAT					WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT			SOY	
Calorie	493kcal	Protein	21.3g		Calorie	447kcal	Protein	17.2g		Calorie	446kcal	Protein	23.5g			Calorie	450kcal	Protein	23.0g			Calorie	511kcal	Protein	17.4g		
29					30																						
Beef Bourguignon (V) Vegetable Bourguignon White Rice Spinach Cauliflower Sliced Melon					Karaage Chicken (V) Tofu Karaage White Rice Edamame Gomaee Kimpira Gobo Mixed Fresh Fruits																						
DAIRY	WHEAT				EGG	DAIRY	WHEAT	SESAME	FISH	SOY																	
Calorie	493kcal	Protein	19.2g		Calorie	554kcal	Protein	20.3g																			

(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 to Friday) and rows for dates (1-30). Each row contains a meal name, ingredients, and nutritional information (Calorie, Protein). Includes a 'Holiday' section on Friday and a 'Super Hero Day' section on April 25th.

(V) Vegetarian Main Course

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