

April 2024

CEZARS™ KITCHEN

Horizon Japan International School

Monday					Tuesday					Wednesday					Thursday					Friday									
1					2					3					4					5									
Japanese Chicken Curry					Beef Bolognese					Sweet & Sour Chicken					Chicken Hache					Holiday									
(V) Vegetable Curry					(V) Arrabiatta w. Parmesan					(V) Sweet & Sour Vegetables & Tofu					(V) Vegetable Tofu Hache														
White Rice					Spaghetti					White Rice					Herb Roasted Potato														
Steamed Broccoli					Green Beans					Soy Eggplant					Honey Roasted Carrot														
Fukujinzuke					Grilled Peppers					Asian Greens					Steamed Cauliflower														
Miso Soup					Corn Soup					Egg Drop Soup					Tomato Soup														
Apple Jelly					Orange Wedges					Lemon Custard					Carrot Cake														
DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT			SOY								
Calorie	91kcal	Protein	36.8g		Calorie	859kcal	Protein	39.5g		Calorie	869kcal	Protein	37.8g			Calorie	824kcal	Protein	29.1g										
8					9					10					11					12									
Barbeque Chicken					Chicken Stroganoff					Baked Cod w. Herbed Beurre Blanc					Tandoori Chicken					Hayashi Beef									
(V) Grilled Vegetables w. Yaki Tofu					(V) Eggplant & Tofu Stroganoff					(V) Baked Vegetables w. Herbed Beurre Blanc					(V) Falafel w. Tzatziki Sauce					(V) Edamame Stir Fry w. Sesame & Garlic									
White Rice					Buttered Noodles					Boiled Potato					White Rice					White Rice									
Buttered Corn					French Beans					Escabeche Carrot & Onion					Steamed Cauliflower					Snap Peas									
Grilled Zucchini					Roasted Corn w. Paprika					Steamed Green Beans					Spinach w. Lemon Zest					Fukujinzuke (Pickled Lotus & Daikon)									
Creamy Mushroom Soup					Sweet Potato Cream Soup					Green Pea Soup					Cauliflower & Potato Soup					Japanese Clear Soup									
Chocolate Cake					Apple Wedges					Mixed Tropical Fruit					Cardamon Rice Pudding					Matcha Custard									
EGG	DAIRY	WHEAT		SOY		DAIRY	WHEAT			SOY		DAIRY	WHEAT		FISH	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			FISH	SOY	
Calorie	923kcal	Protein	41.1g		Calorie	951kcal	Protein	33.3g		Calorie	675kcal	Protein	44.3g			Calorie	865kcal	Protein	44.9g			Calorie	884kcal	Protein	31.1g				
15					16					17					18					19									
Butter Chicken					Frutti Di Mare					Oregano Roast Chicken w. Tzatziki					Teriyaki Chicken					Beef Bulgogi									
(V) Butter Chick Peas & Vegetables					(V) Asparagus & Bean Spaghetti					(V) Roast Vegetables & Tofu					(V) Miso Eggplant w. Aburaage					(V) Tofu & Shimeji Bulgogi									
White Rice					Spaghetti Pasta					Bread Rolls					White Rice					White Rice									
Vegetable Makhani					Green Peas					Steamed Broccoli					Edamame Gomaee					Grilled Onions & Peppers									
Turmeric Cauliflower					Zucchini					Roasted Carrots					Roasted Corn					Miso Baked Eggplant									
Spinach Soup					Cabbage & Beans Soup					Potato & Leek Soup					Aburaage Soup					Chick Pea & Beans Soup									
Orange Jelly					Yoghurt Cake					Peach w. Cinnamon Crumble					Mikan Kantan					Caramelized Pears									
DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT		FISH		DAIRY	WHEAT				DAIRY	WHEAT			SOY		DAIRY	WHEAT				SOY		
Calorie	850kcal	Protein	28.7g		Calorie	977kcal	Protein	33.4g		Calorie	879kcal	Protein	41.8g			Calorie	864kcal	Protein	37.5g			Calorie	817kcal	Protein	34.3g				
22					23					24					25					26									
Chicken Cacciatore					Creamy Chicken Stew					Baked Fish w. Paprika Sauce					Miso Chicken					Hulks Favourite Burger									
(V) Tomato & Vegetable Pasta					(V) Creamy Vegetable Stew w. Parmesan					(V) Lentils w. Paprika Sauce					(V) Miso Tofu & Vegetables					(V) Hulks Favourite Tofu Burger									
Penne Pasta					White Rice					Mashed Potato					White Rice					Iron Man Loved Fries									
Roasted Pumpkin					Steamed Carrot					Steamed Mixed Vegetables					Corn					Wonder Women Sauteed Mushrooms									
Zucchini w. Eggplant					Sauteed Spinach					Broccoli					Daikon Nimono					Wolverines Caramelized Power Onion									
Vegetable Beans Zuppa Toscana					Broccoli & Paprika Soup					Minestrone Soup					Miso Soup w. Wakame					Multiverse Chicken Soup									
Mixed Fruits Ambrosia					Banana					Panna Cotta					Orange Wedges					Marvel Marble Cake 									
DAIRY	WHEAT			SOY		DAIRY	WHEAT			SOY		DAIRY	WHEAT					WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT				SOY	
Calorie	900kcal	Protein	38.0g		Calorie	814kcal	Protein	30.0g		Calorie	777kcal	Protein	40.6g			Calorie	777kcal	Protein	41.4g			Calorie	934kcal	Protein	38.4g				
29					30																								
Beef Bourguignon					Karaage Chicken																								
(V) Vegetable Bourguignon					(V) Tofu Karaage																								
White Rice					White Rice																								
Spinach					Edamame Gomaee																								
Cauliflower					Kimpira Gobo																								
Mixed Vegetable soup					Corn Soup																								
Sliced Melon					Mixed Fresh Fruits																								
DAIRY	WHEAT				EGG	DAIRY	WHEAT	SESAME	FISH	SOY																			
Calorie	876kcal	Protein	36.4g		Calorie	988kcal	Protein	38.1g																					

(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 meal periods (1-12, 15-19, 22-26, 29-30). Each row lists a main course, a vegetarian alternative (marked with a green background), and a list of ingredients. Nutritional information (Calorie and Protein) is provided for each meal period.



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