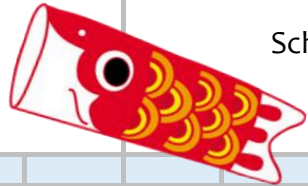

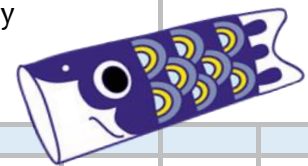



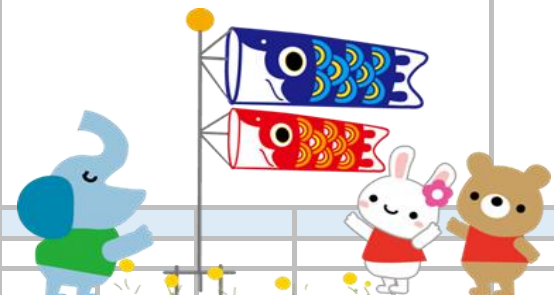



May 2022



Horizon International School

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9 Barbeque Chicken Brown & White Rice Buttered Corn Carrot Batons					10 Baked Fish w. Lemon Sauce Sesame Bean Thread Noodles Broccoli Eggplant w. Mushrooms					11 Malaysian Chicken Curry White Rice Chinese Greens w. Oyster Sauce Grilled Shitake w. Green Beans & Red Peppers					12 Organic Spaghetti Bolognese Roasted Eggplant Green Peas Mixed Salad 					13 Japanese Chicken Curry White Rice Kinpira Gobo Croquettes																																																																															
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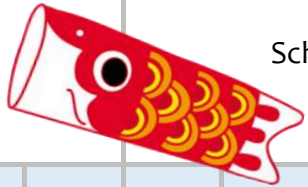

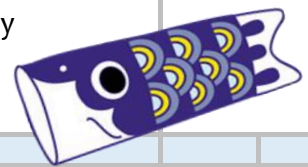



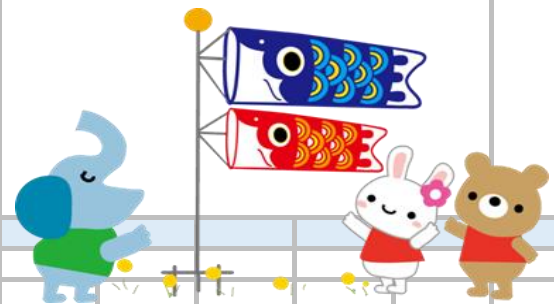

*E: Energy(kcal), P: Protein(g), F: Fat(g), C: Carbohydrates(g), Na: Sodium(mg)

Cezars Kitchen does not use nuts in our recipes
Menu may change depending on ingredient availability

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2 School Holiday 					3 School Holiday 					4 School Holiday 					5 School Holiday 					6 School Holiday				
9 BBQチキン 玄米ミックスライス バターコーン スティック人参					10 魚のレモンソース セサミ春雨 ブロッコリー 茄子ときのこ					11 マレーシア風チキンカレー ごはん 野菜の中華風オイスターソース炒め グリルしいたけといんげんと赤ピーマン					12 オーガニックスパゲッティボロネーゼ なすのロースト グリーンピース ミックスサラダ 					13 チキンカレー ごはん きんぴらごぼう コロッケ				
E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na
854	33.5	32.2	118.2	1022	703	3.5	28.6	88.8	1063	888	30.5	36.6	122.4	668	909	38.4	41.3	101.0	634	964	28.9	29.6	159.1	1600
16 チキンファヒータス ご飯とトルティーヤ トマトサルサ 軸付きトウモロコシ					17 マルゲリータピザ コーンとグリーンピース ブロッコリーの温野菜 チョップドサラダ					18 味噌チキン ごはん スナップエンドウ 人参の煮物					19 ビーフバーガー フライドポテト さやいんげん コールスロー					20 魚の煮つけ ごはん 人参の照り煮とねぎ ブロッコリーのソテー				
E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na
719	36.9	20.3	100.6	613	728	24.7	24.5	108.1	1131	730	38.1	8.4	128.4	1516	844	28.4	45.9	84.9	1257	665	27.7	15.2	111.6	385
23 ライムチキン ごはん 春キャベツとヤングコーン アスパラガスのグリル					24 ビーフラザニア さやいんげん グリルピーマン キャベツサラダ					25 タイ風バジルチキン ごはん アスパラガスのレモンロースト 人参のソテー					26 ツナとスイートコーンのパスタ ズッキーニのソテー なすのグリル パリパリサラダ					27 マンダリンチキン ごはん ブロッコリーの中華風炒め きんぴらレンコン				
E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na
813	35.6	32.5	100.6	293	833	37.4	46.6	67.8	1043	878	39.9	37.3	103.8	810	605	24.7	17.5	92.6	1487	788	46.7	10.0	134.6	588
30 鮭の照り焼き ごはん 野菜炒め 豆腐と小松菜のごま炒め					31 鶏肉のから揚げ ごはん ミックスピーマンと玉ねぎ 枝豆																			
E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na	E	P	F	C	Na
615	34.4	9.6	101.9	457	936	31.2	46.3	105.5	718															

*E: エネルギー(kcal), P: タンパク質(g), F: 脂質(g), C: 炭水化物(g), Na: ナトリウム(mg)

シーザースキッチンではレシピにナッツを使用していません。
食材の入手状況によりメニューを変更する場合があります。