



October 2024



CEZARS KITCHEN

Horizon Japan International School (Kinder)

Monday					Tuesday					Wednesday					Thursday					Friday				
					Western 1					Italian 2					American 3					Asian 4				
					Lemon & Herb Baked Cod (V) Zucchini w. Lemon & Garbanzo White Rice Cherry Tomato & Eggplant Confit Garlic Green Beans Orange Wedges					Beef Bolognese (V) Chick Peas in Pomodoro Spaghetti Italian Mix Vegetables Grilled Peppers Fruit Jelly					Barbeque Chicken (V) Grilled Vegetables w. Yaki Tofu Scalloped Potato Gratin Buttered Corn Seasoned Broccoli Chocolate Cake					Stir Fry Beef & Broccoli (V) Bok Choy w. Tofu White Rice Steamed Snap Peas Chinese Vegetables w. Bean Sprouts Fresh Bananas				
					DAIRY FISH SOY Calorie 374kcal Protein 15.2g					EGG DAIRY WHEAT SOY Calorie 544kcal Protein 22.0g					EGG DAIRY WHEAT SOY Calorie 405kcal Protein 23.9g					EGG WHEAT SESAME FISH SOY Calorie 456kcal Protein 19.0g				
Japanese 7					Russian 8					Western 9					Italian 10					Western 11				
Japanese Chicken Curry (V) Vegetable Curry White Rice Steamed Broccoli Fukujinzuke Jelly					Beef Stroganoff (V) Eggplant & Tofu Stroganoff Buttered Noodles French Beans Buttered Corn Fresh Mixed Fruits					Grilled Chicken w. Mushroom Gravy (V) Grilled Chickpeas w. Peppers & Tomatoes White Rice Spinach w. Lemon & Garlic Grilled Eggplant Caramelized Pears					Frutti Di Mare (V) Asparagus & Bean Spaghetti Spaghetti Steamed Green Beans Steamed Carrots Peaches w. Raspberry Sauce					Balsamic Glazed Oregano Chicken (V) Eggplant & Tofu Parmesan White Rice Grilled Zucchini Caponata Banana Cake				
EGG DAIRY WHEAT SOY Calorie 530kcal Protein 20.3g					EGG DAIRY WHEAT SOY Calorie 455kcal Protein 15.1g					DAIRY WHEAT Calorie 471kcal Protein 17.4g					DAIRY WHEAT FISH Calorie 474kcal Protein 16.5g					EGG DAIRY WHEAT SOY Calorie 450kcal Protein 27.9g				
14					15					16					17					18				
AUTUMN BREAK					AUTUMN BREAK					AUTUMN BREAK					AUTUMN BREAK					AUTUMN BREAK				
Japanese 21					Mexcan 22					Japanese 23					Western 24					Italian 25				
Sweet & Sour Chicken (V) Sweet & Sour Vegetables w. Tofu White Rice Soy Eggplant Stir Fry Asian Greens Sliced Pineapple					Baked Fish w. Tomato Salsa (V) Chick Pea Fingers White Rice Buttered Carrots Cucumbers w. Cherry Tomatoes Raspberry Vanilla Cake					Chicken Teriyaki (V) Tofu Teriyaki White Rice Edamame Gomaе Steamed Cabbage & Pepper Fresh Oranges					Tuna Sweetcorn Pomodoro (V) Eggplant Arrabiata Penne Pasta Pan Seared Garbanzo w. Pesto Steamed Broccoli Fruit Jelly					Italian Chicken (V) Eggplant & Bean Casserole Baked Potatoes & White Rice Zucchini Provençale Sauteed Mushrooms & Confit Cherry Tomato Mango w. Tapioca				
EGG DAIRY WHEAT SESAME SOY Calorie 403kcal Protein 17.6g					EGG DAIRY WHEAT FISH SOY Calorie 429kcal Protein 15.7g					EGG DAIRY WHEAT SESAME SOY Calorie 442kcal Protein 19.7g					EGG DAIRY WHEAT FISH Calorie 445kcal Protein 15.3g					EGG DAIRY WHEAT Calorie 505kcal Protein 18.6g				
Japanese 28					Western 29					Italian 30					Halloween 31									
Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Blanched Sesame Snap Peas Fukujinzuke (Pickled Lotus & Daikon) Carrot Cake					Greek Style Chicken (V) Falafel White Rice Roasted Mix Vegetable Spinach w. Lemon Mix Fruits Jelly					Margherita Pizza (V) Margarita Pizza Italian Salad w. Dressing Blanched Broccoli Eggplant Confit Oranges w. Lemon					Juicy Monster Burgers (V) Chickpea & Vegetable Monster Burgers Crispy Potato Wedges Bloody Carrots Zombie Coleslaw Witch's Apples									
EGG DAIRY WHEAT SESAME SOY Calorie 515kcal Protein 17.9g					DAIRY WHEAT Calorie 467kcal Protein 22.0g					DAIRY WHEAT Calorie 466kcal Protein 11.9g					EGG DAIRY WHEAT SOY Calorie 556kcal Protein 16.8g									

(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 various meal themes (e.g., Western, Italian, American, Asian, Japanese, Russian, Mexican, Halloween). Each cell contains a list of dishes and a small table of nutritional information (Calorie, Protein, etc.).

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