



January



**CEZARS**  
KITCHEN



Abroad International School

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>4</p> <p>Rice Hamburg w. Shitake Cream Sauce Steamed Broccoli Fruits</p> <p>EGG DAIRY WHEAT</p>		<p>5</p> <p>Rice Pork Stew Honey Carrots Fruits</p> <p>DAIRY WHEAT</p>		<p>6</p> <p>Rice Chicken Namban Potato Salad Fruits</p> <p>EGG WHEAT SOY</p>		<p>7</p> <p>Rice Beef Stroganoff Sautéed Green Peas Fruits</p> <p>DAIRY WHEAT</p>			
<p>11</p> <p>Egg Noodle Wok Sauté Shumai Boy Choy &amp; Carrot w. Soy Glaze Mango Pudding</p> <p>EGG DAIRY WHEAT SOY</p>		<p>12</p> <p>Mexican Rice Pork Fajitas Coleslaw Salad Fruits</p> <p>EGG WHEAT SOY</p>		<p>13</p> <p>Bread Rolls Chicken w. Soramame Cream Sauce Steamed Spinach Fruits</p> <p>EGG DAIRY WHEAT SOY</p>		<p>14</p> <p>Rice w. Sesame Garnish Bulgogi Pork Carrot Namuru (Sesame oil &amp; Salt) Fruits</p> <p>WHEAT SOY</p>			
<p>18</p> <p>Rice Hayashi Beef Komatsuna Gomae Fruits</p> <p>WHEAT SOY</p>		<p>19</p> <p>Turmeric Rice Chicken w. Mexican Tomato Sauce Tomato &amp; Cucumber Salad Coconut Sponge Cake</p> <p>EGG DAIRY WHEAT</p>		<p>20</p> <p>Bread Rolls Grilled Chicken Sautéed Broccoli Fruits</p> <p>EGG WHEAT</p>		<p>21</p> <p>Rice Roasted Sliced Pork w. Gravy Green Bean Saute Fruits</p> <p>WHEAT</p>		<p>22</p> <p>Garlic Bread Karage Steamed Cauliflower &amp; Carrot Fruits</p> <p>EGG WHEAT</p>	
<p>25</p> <p>Rice Stir Fried Beef Baked Pumpkin Fruits</p>		<p>26</p> <p>Penne Pasta w. Tomato Sauce Crumbed Fish Baked Carrots w. Buttered Spinach Banana Cake</p> <p>EGG DAIRY WHEAT</p>		<p>27</p> <p>Vegetable Curry Rice Croquettes Cabbage &amp; Tuna Salad Fruits</p> <p>EGG WHEAT</p>		<p>28</p> <p>Bread Rolls Fried Chicken &amp; Potato Wedges Broccoli w. Lemon Dressing Fruits</p> <p>EGG WHEAT</p>		<p>29</p> <p>Pizza Buns Chicken &amp; Cheese Topping Roasted Zucchini Fruits</p> <p>EGG DAIRY WHEAT</p>	

Cezars Kitchen does not use nuts in our recipes

