

CEZARS KITCHEN

JUNE 2007



Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6	7	8
11	12	13	Flag Day 14	15
LASAGNA 18 (Everybody's favorite Beef pasta) VEGGIE LASAGNA RISSOTO (Chicken and spinach)	TACO TUESDAY! CHICKEN FAJITAS 19 (Non-spicy chicken and peppers) RE-FRIED BEANS 	BEEF SUKIYAKI 20 (Beef, veggies and tofu in a sweet soy broth with konyaku Noodles) VEGGIE BAKE (Seasonal veggies in a light sauce with a baked crispy top!)	CURRY THURSDAY! PORK CURRY 21 VEGGIE CURRY (Both non-spicy) VEGGIE CROQUETTES (Crispy potato nuggets!)	BURGER FRIDAY! 22 BEEF & PORK BURGERS TOFU BURGERS SHOE STRING FRIES 
MEATLOAF MONDAY! 25 (Beef mince with veggies baked and served with a meat sauce) MASHED POTATO 	TOMATO & CHICKEN MACARONI 26 (Chicken and pasta in a tangy tomato sauce) BROCCOLI CHEESE (Fresh broccoli steamed, topped with a cheese sauce)	CHICKEN TERIYAKI 27 (Chicken and seasonal Veggies in a tangy Japanese sauce) TOFU TERIYAKI SHUMAI (Chinese pork dumplings)	PASTA THURSDAY! SPAGETTI WITH A CHOICE OF SAUCES 28 Tomato Sauce Meatball sauce Pesto Sauce GARLIC BREAD	PIZZA FRIDAY! 29 (Meat and vegetarian Pizzas) CHICKEN NOODLES (Chicken and seasonal veggies with thin egg noodles) 

LUNCH MENU

- ALL LUNCH SET MEALS INCLUDE-
- *2 HOT MAIN DISHES
- *FRESH VEG OF THE DAY
- *CHEFS HOMEMADE SOUP
- *2 FRESH CRISP SALADS WITH CHOICE OF DRESSINGS
- *1 MOUTH WATERING DESSERTS
- *STEAMED WHITE RICE WITH FURIKAKE
- *ASSORTMENT OF CONDIMENTS

CEZARS News

THE START OF GREAT THINGS TO COME!
 Cezars kitchen is proud to start its catering services at the Canadian Academy. Our healthy fun approach to school meals will keep you satisfied day after day!