







CEZARS KITCHEN

March 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TACO MONDAY! (M) TACO BEEF <i>Non-spicy</i> (M) TACO CHICKEN <i>Non-spicy</i> (V) RE-FRIED BEANS (V) CRISPY CORN CHIPS	(M) RAMEN <i>Chinese soup dish with noodles and veggies</i> (V) VEGGIE RAMEN <i>Our vegetarian version of this dish</i> (V) CROQUETTES <i>Crispy potato gems</i>	(M) BEEF LASAGNA <i>Beef pasta topped with cheese</i> (V) VEGGIE LASAGNA <i>Veggie pasta topped with cheese</i> (V) GARLIC HERB BREAD <i>Crispy homemade Italian style bread</i>	(M) JERK CHICKEN <i>A yummy Jamaican non-spicy dish served on rice and peas!</i> (V) JACKET POTATOES WITH YOU'RE CHOICE OF FILLINGS	PIZZA FRIDAY! (M) MEAT PIZZA (V) VEGGIE PIZZA (V) CHEESE PIZZA (M) MEAT SAUCE PASTA (V) VEGGIE SAUCE PASTA 
(M) COTTAGE PIE <i>Beef mince and potato pie</i> (V) VEGGIE PIE <i>Our veggie version of this British dish</i> (V) BROCCOLI BAKE <i>Garden fresh broccoli in a cheese sauce</i>	(M) MABO TOFU <i>A Chinese pork and tofu dish in a rich sauce</i> (V) MABO NASU <i>Our eggplant version of this Chinese dish</i> (V) BUTTERED NOODLES	(M) MILD CHICKEN CURRY <i>Non-spicy</i> (V) MILD VEGGIE CURRY <i>Non-spicy</i> (V) BIRYANI RICE <i>Indian vegetarian rice dish</i>	(M) SWEET & SOUR PORK <i>Our sweet & sour pork stew</i> (V) SWEET AND SOUR TOFU <i>Our veggie version of this Chinese dish</i> (V) SPRING ROLLS <i>Vegetarian Chinese spring rolls</i>	(M) CHICKEN KARAAGE <i>Japanese chicken nuggets!</i> (V) MACARONI & CHEESE <i>Everyone's favorite Cheese pasta</i> (V) RATATOUILLE <i>A French vegetable dish in an herb tomato sauce</i>
ST. PATRICK'S DAY RISH STEW! <i>Special chunky beef and potato stew</i> (V) VEGGIE STEW <i>Our veggie version of this Irish dish</i> (V) CHAMP POTATOES <i>Mashed potatoes with spring onion</i>	(M) BEEF LASAGNA <i>Beef pasta topped with cheese</i> (V) VEGGIE LASAGNA <i>Veggie pasta topped with cheese</i> (V) GARLIC HERB BREAD <i>Crispy homemade Italian style bread</i>	(M) YAKI SOBA <i>Egg noodles with pork & veggies</i> (V) VEGGIE YAKI SOBA <i>Our veggie version of this dish</i> (M) TAKO YAKI <i>Octopus dumplings from the Kansai area of Japan</i>	ENGLISH ROAST DAY (M) ROAST CHICKEN (V) ROAST VEGGIES (V) MASHED POTATO (V) STEAMED VEGGIES (M) GRAVY (V) PUMPKIN SOUP (V) BROWNIES & CUSTARD <i>Y150 EXTRA CHARGE</i>	PIZZA FRIDAY! (M) MEAT PIZZA (V) VEGGIE PIZZA (V) CHEESE PIZZA (M) MEAT SAUCE PASTA (V) VEGGIE SAUCE PASTA 
				
HOTDOG MONDAY! (M) PORK HOT DOGS (V) TOFU BURGERS <i>Both with great toppings!</i> (V) POTATO GRATIN <i>Potatoes in a cream cheese sauce with a crispy lid!</i>				

Lunch Time!

- *2 HOT MAIN DISHES
- *FRESH VEGGIES OF THE DAY
- *CHEFS HOMEMADE SOUP
- *2 FRESH CRISP SALADS WITH CHOICE OF DRESSINGS
- *1 MOUTH WATERING DESSERTS
- *STEAMED WHITE OR BROWN RICE WITH FURIKAKE
- *ASSORTMENT OF CONDIMENTS



School News

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