


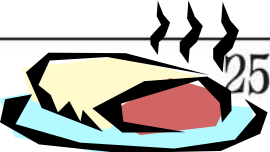





# CEZARS KITCHEN

# October 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TACO MONDAY!</b> <b>(M)BEEF TACOS</b> 1 <i>Mild beef chili</i> <b>(V)REFRIED BEAN FAJITA</b> <i>Mild veggie chili</i> <b>(V)CORN CHIPS</b> <i>Crispy corn triangles</i> <b>(V)HEALTHY TOPPINGS</b> <i>Cheese, tomato, lettuce.....</i>	<b>(M)CHICKEN TERIYAKI</b> 2 <i>Chicken in a sweet soy sauce</i> <b>(V)TOFU TERIYAKI</b> <i>Tofu in a sweet soy sauce</i> <b>(V)VEGGIE STIR FRY</b> <i>Asian seasonal veggies</i>	<b>(M)BEEF LASAGNA</b> 3 <i>Beef pasta topped With cheese</i> <b>(V)VEGGIE LASAGNA</b> <i>Veggie pasta topped With cheese</i> <b>(V)GARLIC HERB BREAD</b> <i>Crispy homemade Italian style bread</i>	<b>(M)CHICKEN KARAAGE</b> 4 <i>Japanese chicken Nuggets!</i> <b>(V)MACARONI &amp; CHEESE</b> <i>Everyone's favorite Cheese pasta</i> <b>(V) RATATOUILLE</b> <i>French vegetable dish in tomato sauce</i>	<b>BURGER FRIDAY!</b> 5 <b>(M)SLOPPY JOE BURGERS</b> <i>Seasoned beef topping</i> <b>(V)SLOPPY JOE TOFU BURGERS</b> <i>Seasoned soy topping</i> <b>(V)POTATO WEDGES</b> <i>Fried potato</i>
<b>HOTDOG MONDAY!</b> 8 <b>(M)PORK HOTDOGS</b> <b>(V)TOFU HOTDOGS</b> <b>(V)HEALTHY FILLINGS</b> <i>Cheese, tomato, lettuce.....</i> 	<b>(M)BAKED COD FILLETS</b> 9 <i>Oven baked fish fillets</i> <b>(V)LEMON PARSLEY SAUCE</b> <i>Tangy white sauce with herbs</i> <b>(V)WARM POTATO SALAD WITH GREEN BEANS</b> <i>Whole steamed baby potatoes With beans and parsley</i>	<b>(M)CEZARS CHICKEN CURRY</b> 10 <i>Mild tomato &amp; red pepper curry</i> <b>(V)VEGGIE COCONUT CURRY</b> <i>Seasonal veggies in a Coconut sauce</i> <b>(V)VEGGIE CROQUETTES</b> <i>Crispy potato nuggets</i>	<b>(M)SWEET &amp; SOUR PORK</b> 11 <i>Pork in a tangy Asian sauce with veggies</i> <b>(V) SWEET &amp; SOUR TOFU</b> <i>Tofu in a tangy Asian sauce With veggies</i> <b>(V)SPRINGROLLS</b> <i>*Now fully vegetarian!*</i>	<b>PIZZA FRIDAY!</b> 12 <b>(M)MEAT PIZZA</b> <b>(V)VEGGIE PIZZA</b> <b>(V)CHEESE PIZZA</b> <b>(M) MEAT SAUCE PASTA</b> <b>(V)VEGGIE SAUCE PASTA</b> 
<b>MEXICAN MONDAY!</b> 15 <b>(M)CHICKEN FAJITAS</b> <i>Mild chicken chili with Peppers &amp; onion</i> <b>(V) REFRIED BEAN FAJITA</b> <i>Mild veggie chili</i> <b>(V)TORTILLAS</b> <i>Fresh soft tortillas</i> 	<b>(M)MEATLOAF</b> 16 <i>The all American baked beef dish with gravy</i> <b>(V)TOFU LOAF</b> <i>Our vegetarian version with A tasty tomato sauce</i> <b>(V)POTATO GRATIN</b> <i>Potato in a white sauce Topped of with a crispy Cheese crust</i>	<b>(M)CHINESE BEEF NOODLES</b> 17 <i>A dry style dish with beef &amp; veggies</i> <b>(V)VEGGIE YAKI SOBA NOODLES</b> <i>Vegetarian noodles and Veggies with a soy sauce</i> <b>(M)TACOYAKI</b> <i>Japanese octopus dumplings</i>	<b>ROAST DAY!</b> 18 <b>(M)ROAST BEEF</b> <b>(V)ROAST VEGGIES</b> <b>(V)MASHED POTATO</b> <b>(M)STEAMED VEGGIES</b> <b>(M)GRAVY</b> <b>(V)PUMPKIN SOUP</b> <b>(V)BROWNIES &amp; CUSTARD</b> <i>(Y150 EXTRA CHARGE)</i> 	<b>HAMBERG FRIDAY!</b> 19 <b>(M)PORK HAMBURG WITH GRAVY</b> <i>Pork &amp; beef Pattie with gravy</i> <b>(V)TOFUBERG WITH TOMATO SAUCE</b> <i>Tofu Pattie with tomato sauce</i> <b>(V)SPECIAL FRIED RICE</b> <i>Chinese style vegetarian rice</i>
<b>Y.I.S. &amp; SAINT MAUR SEMESTER BREAK</b> 22	<b>Y.I.S. &amp; SAINT MAUR SEMESTER BREAK</b> 23	<b>Y.I.S. &amp; SAINT MAUR SEMESTER BREAK</b> 24	<b>Y.I.S. &amp; SAINT MAUR SEMESTER BREAK</b> 25	<b>Y.I.S. &amp; SAINT MAUR SEMESTER BREAK</b> 26
<b>HOTDOG MONDAY!</b> 29 <b>(M)PORK HOTDOGS</b> <b>(V)TOFU HOTDOGS</b> <b>(V)HEALTHY FILLINGS</b> <i>Cheese, tomato, lettuce.....</i> 	<b>(M) MILD PORK CURRY</b> 30 <i>Japanese style</i> <b>(V) MILD VEG CURRY</b> <i>Our fully vegetarian version</i> <b>(V)POTATO CROQUETTES</b> <i>Crispy potato nuggets</i>	<b>HAPPY HALLOWEEN</b> 31 <b>GOBLIN'S FINGERS</b> <b>(M)CHICKEN STRIPS</b> <b>WITCHES HAIR</b> <b>(V)CHINESE VEGGIE NOODLES</b> 		

## LUNCH SET MEAL INCLUDES

\*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

## Cezars News

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