

October 2021



Canadian Academy

Monday					Tuesday					Wednesday					Thursday					Friday				
																				1				
																				Pepperoni Pizza (V) Margherita Pizza White Rice Steamed Broccoli Corn on the cob Drink Banana				
																				EGG DAIRY WHEAT SESAME SOY				
4					World Teachers Day 5					6					* Organic Day - Int. Protect the Ozone Day 7					8				
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Scalloped Potato Gratin Buttered Corn Roasted Eggplant Drink Warm Apple Crumble					Path to Success Whitefish w. Tomato Salsa (V) Mentors Mediterranean Chickpea Stew International Educators Rice Tutors Oven Roasted Vegetables Beacon of Knowledge Broccoli Drink The Counselors Anise Poached Pears					Pork Tacos (V) Cumin Roasted Tofu w. Lime Tacos White Rice Garbanzo Tomato Salsa Seared Peppers Drink Fresh Bananas					Organic Spaghetti Bolognese (V) Organic Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sautéed Broccoli Sliced Mushroom Drink Sliced Melon					Miso Chicken (V) Miso Glazed Tofu w. Edamame White Rice Soy Glazed Eggplant Snap Peas Drink Sponge Cake				
EGG DAIRY WHEAT SOY					FISH					DAIRY WHEAT SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT SESAME SOY				
11					12					13					14					15				
Tonkatsu (V) Tofu Katsu White Rice Grilled Asparagus Oden Daikon Drink Pears w. Caramel Sauce					Herb Roasted Chicken (V) Mushroom, Bean & Asparagus Loaf White Rice Sautéed Carrots Green Peas Drink Fruit Compote					Japanese Pork Curry (V) Vegetable Curry w. Chick Peas White Rice Pink Daikon Pickles French Beans Drink Lemon Pound Cake w. Icing					Juicy Beef Burgers (V) Grilled Tofu & Vegetable Burgers Crispy Potato Wedges Garlic Cauliflower Grilled Mushroom Heads Drink Peaches w. Raspberry Sauce					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce Stir Fry Vegetables Drink Sliced Pineapple				
EGG DAIRY WHEAT FISH SOY					DAIRY					EGG DAIRY WHEAT SOY					EGG DAIRY WHEAT SOY					WHEAT SESAME SOY				
18					19					20					21					22				
Beef Bulgogi w. Vegetables (V) Vegetable Bean Fajitas White Rice Seasoned Broccoli Baked Pumpkin Drink Grilled Pineapple					Karaage Chicken (V) Tofu Karaage White Rice Edamame Gomaе Kimpira Gobo Drink Mikan					Lemon & Herb Crusted Cod (V) Zucchini w. Lemon & Garbanzo White Rice Julienne Vegetables Wilted Spinach Drink Fresh Sliced Fruit					Cezars Roast Pork w. Savory Demi (V) Vegetarian Loaf w. Vegetable Demi Rosemary Potato Steamed Cauliflower Roasted Carrots Drink CK Brownies					Home Made Chicken Hamburg w. Gravy (V) Tofu w. Hijiki Hamburg White Rice Garlic Green Beans Fall Harvest Braised Squash Drink Caramel Apple Wedges				
DAIRY WHEAT					DAIRY WHEAT SESAME SOY					DAIRY WHEAT FISH					EGG DAIRY WHEAT					EGG DAIRY WHEAT SOY				
25					26					27					28					29				
No School					No School					No School					No School					No School				

Cezars Kitchen menu does not contain nuts
Menu may change depending on ingredient availability