

September 2021



Canadian Academy

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 Beef Bulgogi (V) Tofu & Shimeji Bulgogi White Rice Japchae Spring Rolls w. Dipping Sauce Braised Eggplant w. Soy Drink Orange Wedges WHEAT SESAME SOY | 2 Miso Chicken (V) Vegetarian Harusame w. Aburaage White Rice Snap Peas Stewed Renkon and Carrots Grilled Broccoli & Corn Drink Sponge Cake WHEAT SESAME SOY | 3 Fish Fingers (V) Chick Pea Fingers White Rice Buttered Carrots and Peas Cucumbers w. Cherry Tomatoes Shibazuke (Pickled Eggplant) Drink Pineapple & Mango w. Lemon Syrup EGG DAIRY WHEAT FISH |
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| 6 Stir Fry Beef & Vegetables (V) Stir Fry Vegetables w. Tofu White Rice Steamed Broccoli Shoronpo (V) Bok Choy Wok Seared Leek, Cabbage & Mushrooms Drink Fruit Tapioca WHEAT SESAME SOY | 7 Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Scalloped Potato Gratin Buttered Corn Roasted Eggplant & Carrots Green Beans Drink Apple Pie Bar EGG DAIRY WHEAT SOY | 8 Beef Lasagna (V) Vegetable Lasagna Garlic Focaccia Roasted Pumpkin Broccoli w. Cauliflower Green Beans Drink Sliced Melon EGG DAIRY WHEAT SOY | 9 Cezars Roast Pork w. Savory Demi (V) Vegetarian Loaf w. Vegetable Demi White Rice Grilled Silverskin onions Pumpkin Mash Grilled Zucchini & Carrots Drink Cinnamon Roasted Apple Wedges EGG DAIRY WHEAT SOY | 10 Karaage Chicken (V) Tofu Karaage White Rice Edamame Gomae Kimpira Gobo Stewed Lotus w. Shitake Drink Mikan DAIRY WHEAT SESAME SOY |
| 13 International Chocolate Day Salisbury Steak w. Simmered Onion Demi (V) Vegetable Bean Hamburg w. Veg Demi White Rice Mashed Potatoes Green Beans Mixed Mushrooms Drink Chocolate Cake w. Ganache EGG DAIRY WHEAT SOY | 14 Sweet Korean BBQ Chicken (V) Vegetable Yakisoba w. Aburaage White Rice Gyoza w. Dipping Sauce (V) Chijimi Stir Fry Vegetables w. Baby Corn Snap Peas Drink Sliced Pineapple WHEAT SESAME SOY | 15 Tonkatsu w. Shredded Cabbage (V) Tofu Katsu w. Shredded Cabbage White Rice Tamagoyaki Soy Glazed Edamame Kimpira Gobo Drink Mixed Fruit EGG DAIRY WHEAT SOY | 16 * Organic Day - Int. Protect the Ozone Day Organic Spaghetti Bolognese (V) Organic Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Grilled Squash Broccoli w. Cauliflower Roasted Carrots Drink Sliced Melon DAIRY WHEAT SOY | 17 Tandoori Chicken (V) Vegetable Curry White Rice Falafel w. Tzatziki Sauce Curried Spinach Roasted Pumpkin w. Red Peppers Drink Orange Wedges EGG DAIRY WHEAT SOY |
| 20 World Gratitude Day No School | 21 Vegan Day (V) Home Made Vegan Hamburg w. Umami Demi White Rice Savory Stewed Garbanzo w. Tomatoes Green Beans Carrot Flowers Drink Fresh Bananas WHEAT | 22 Juicy Beef Burgers (V) Grilled Tofu & Vegetable Burgers Crispy Potato Wedges Garlic Cauliflower Grilled Peppers and Mushrooms Burger Relish Drink Peaches w. Raspberry Sauce EGG DAIRY WHEAT SOY | 23 Lime Marinated Chicken (V) Adobong Kangkong (Tofu Variation) White Rice Lumpia w. Dipping Sauce Cabbage w. Corn Grilled Soy Eggplant Drink Banana Cake EGG DAIRY WHEAT SESAME SOY | 24 Roast Beef (V) Mushroom, Bean & Asparagus Loaf White Rice Sautéed Rangiri Carrots Dill & Thyme Roast Potato Soy Glazed Simmered Onions Drink Fruit Compote DAIRY SOY |
| 27 Shogayaki (Ginger Pork) (V) Miso Soy Glazed Eggplant White Rice Ajitsuke Tamago Daikon Nimono Pickled Ginger Drink Fresh Fruit WHEAT SOY | 28 Inventors Day Chicken Fajitas (V) Vegetable Bean Fajitas White Rice Tortillas Salsa Roasted Corn and Peppers Drink Grilled Pineapple DAIRY WHEAT SOY | 29 Innovative Grilled Salmon w. Dried Tomatoes (V) Creative Quinoa Squash Novelty Organic Parsley Buttered Noodles Inspirational Broccoli Florets Genius Grilled Peppers w. Virgin Olive Oil Pesto Mixed Mushrooms Drink Mind Enhancing Fruits w. Fresh Blueberries EGG DAIRY WHEAT FISH | 30 Japanese Beef Curry (V) Vegetable Curry w. Chick Peas White Rice Croquettes Roasted Eggplant Buttered Carrots Drink Fresh Fruit EGG DAIRY WHEAT SOY | |

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