

# January 2022



# Canadian Academy

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| 3  | 4  | 5   | 6  | 7   |
| Winter Break   | Winter Break   | Winter Break  | Winter Break   | Winter Break  |
| 10   | 11   | 12  | 13   | 14  |
| Winter Break   | Pasta all' Amatriciana<br>(V) Pasta w. Eggplant Arrabiata<br>Focaccia<br>Pan Seared Garbanzos w. Pesto<br>Steamed Broccoli<br>Drink<br>Mixed Fruits  | Teriyaki Chicken<br>(V) Teriyaki Tofu w. Daikon<br>White Rice<br>Gyoza w. Dipping Sauce<br>Stir Fry Vegetables<br>Drink<br>Charred Pineapple  | Juicy Beef Burgers<br>(V) Grilled Vegetable Burgers<br>Shoestring French Fries<br>Tomato<br>Burger Relish<br>Drink<br>Orange Wedges  | Karaage Chicken<br>(V) Tofu Karaage<br>White Rice<br>Edamame Gomae<br>Kimpira Gobo<br>Drink<br>Roasted Cinnamon Apples                |
|  | EGG DAIRY WHEAT  | WHEAT SESAME SOY  | EGG DAIRY WHEAT SESAME SOY   | EGG DAIRY WHEAT SESAME SOY  |
| 17   | 18   | 19  | 20   | 21  |
| Butadon<br>(V) Simmered Tofu w. Vegetables<br>White Rice<br>Okinawa Okra<br>Oden Potato & Mushroom<br>Drink<br>Chocolate Cake                  | Barbeque Chicken<br>(V) Grilled Vegetable & White Bean Casserole<br>Roasted Cajun Potato<br>Carrot Flowers<br>Buttered Corn<br>Drink<br>Pear Pie Bar | <b>*Organic Day</b><br>Organic Spaghetti Bolognese<br>(V) Organic Spaghetti w. Chick Peas in Pomodoro<br>Dried Tomato and Olive Oil Focaccia<br>Green Beans<br>Grilled Peppers<br>Drink<br>Sliced Oranges | Fish Fingers w. Tartar Sauce<br>(V) Vegetable Croquette w. Tartare sauce<br>White Rice<br>French Fries<br>Garden Peas & Carrots<br>Drink<br>Mango & Pineapple w. Lemon Syrup | Cezars Roast Pork w. Savory Demi<br>(V) Tofu Hamburg<br>White Rice<br>Macaroni & Cheese<br>Grilled Zucchini<br>Drink<br>Peach Cobbler |
| EGG DAIRY WHEAT FISH SOY   | EGG DAIRY WHEAT Soy  | EGG DAIRY WHEAT  SOY   | EGG DAIRY WHEAT FISH   | EGG DAIRY WHEAT SOY   |
| 24   | 25   | 26  | 27   | 28  |
| Herb Roasted Chicken<br>(V) Mushroom, & Green Bean Loaf<br>White Rice<br>Roasted Asparagus Parmesan<br>Sautéed Carrots<br>Drink<br>Fruit Jelly | Beef & Pork Mabo tofu<br>(V) Mabo Tofu<br>White Rice<br>Gyoza w. Dipping Sauce<br>Snap Peas<br>Drink<br>Crispy Sweet Potatoes w. Syrup               | <b>Chinese Lunar New Year</b><br>Crispy Chinese Style Fried Chicken<br>(V) Crispy Lemon Tofu<br>White Rice<br>Egg Rolls<br>Wok Seared Broccoli<br>Drink<br>Sesame Fried Balls                             | Bacon Creamy Carbonara<br>(V) Spaghetti w. Asparagus & Chick Peas<br>Garlic Bread<br>Grilled Zucchini<br>Grilled Mushrooms<br>Drink<br>Mikan                                 | Japanese Chicken Curry<br>(V) Japanese Soy meat Curry<br>White Rice<br>Croquettes<br>Sesame Green Beans<br>Drink<br>Chocolate Brownie |
| DAIRY  | EGG DAIRY WHEAT FISH Soy   | EGG DAIRY WHEAT SESAME FISH SOY   | EGG DAIRY WHEAT  | EGG DAIRY WHEAT SESAME SOY  |
| 31   |  |   |  |   |
| Beef Stroganoff<br>(V) Vegetable Bean Stew<br>White Rice<br>French Bean Cassoulet<br>Roasted Carrots<br>Drink<br>Caramel Pudding               |  |   |  |   |
| EGG DAIRY WHEAT  |  |   |  |   |

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