

February 2022



Canadian Academy

Monday						Tuesday						Wednesday						Thursday						Friday					
						1						2						3						World Cancer Day *Organic Day 4					
						Korean BBQ Chicken (V) Vegetable Chijimi White Rice Snap Peas Stir Fry Noodles Drink Sponge Cake						Japanese Braised Pork Belly (V) Vegetable & Tofu Stir Fry White Rice Shoronpo Daikon Nimono Drink Mikan						Beef Hamburg w. Mushroom Demi (V) Tofu Hijiki Hamburg w. Soy Mayonnaise White Rice Braised Cabbage Honey Miso Roasted Carrots Drink Peach Cobbler						Italian Chicken & Organic Tomato Pasta (V) Dried Tomato & Vegetable Pasta Ciabatta Rolls Roasted Pumpkin Zucchini w. Eggplant Drink Orange Wedges					
						EGG	DAIRY	WHEAT	SESAME		SOY			WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT			
7						8						9						10						11					
Grilled Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole French Fries Carrot Flowers w. Spring Onions Buttered Corn Drink Apple Pie Bars						Bacon Pasta Carbonara (V) Pasta w. Eggplant Arrabiata Focaccia Pan Seared Garbanzos w. Pesto Steamed Broccoli Drink Mixed Fruits						Teriyaki Chicken (V) Baked Teriyaki Tofu White Rice Gyoza w. Dipping Sauce (V) Sesame Noodles Stir Fry Vegetables Drink Sliced Pineapple						Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Relish Drink Orange Wedges						Tandoori Chicken (V) Falafel w. Tzatziki Sauce White Rice Curry Baby Potato Spinach w. Lemon Zest Drink Apple Wedges w. Cinnamon					
EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT						WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT	SESAME		SOY		DAIRY				
Valentine's Day 14						*Organic Day 15						16						17						18					
CK Made w. Love Roasted Chicken (V) Cupids Cuisine Natural Lentils w. Vegetables Soul Mate Mac N Cheese I Love You Broccoli Be Mine If You Carrot All Love Potion #9 Drink Heartbreaker Chocolate Cake						Organic Spaghetti Bolognese (V) Organic Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans Grilled Peppers Drink Banana						Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Spinach w. Garbanzo Garden Peas & Corn Drink Mango w. Lemon Syrup						No School						No School					
EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT		FISH	SOY												
21						22						23						24						25					
Grilled Chicken w. Paprika Sauce (V) Savory Lentils Mash Potato Roasted Carrots Green Beans Drink Fruits & Oat Crumble						Beef Bulgogi (V) Tofu & Shimeji Bulgogi White Rice Spring Rolls w. Dipping Sauce Steamed Eggplant w. Soy Drink Fresh Fruit w. Tapioca in Syrup						Karaage Chicken (V) Tofu Karaage White Rice Edamame Gomaae Kimpira Gobo Drink Cake w. Matcha Custard						Pork Ragu Pasta (V) Spaghetti w. Asparagus & Chick Peas Herb Focaccia Grilled Zucchini Mushrooms w. Pesto Drink Fresh Fruit Ambrosia						Butter Chicken Curry (V) Kheema Chick Pea Curry White Rice Vegetable Makhani Turmeric Cauliflower Drink Cardamon Tea Cookies					
EGG	DAIRY	WHEAT						WHEAT		SESAME	SOY	EGG	DAIRY	WHEAT		SESAME	SOY	EGG	DAIRY	WHEAT		FISH		EGG	DAIRY	WHEAT			
28																													
Beef Lasagna (V) Vegetable Lasagna Ciabatta Grilled Zucchini Roasted Eggplant Drink Caramel Peach																													
EGG	DAIRY	WHEAT																											

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