

August 2022

CEZARS™ KITCHEN

CANADIAN ACADEMY

Monday					Tuesday					Wednesday					Thursday					Friday																																												
1					2					3					4					5																																												
No School					No School					No School					No School					No School																																												
8					9					10					11					12																																												
No School					No School					No School					No School					No School																																												
15					16					17					18					19																																												
No School					No School					No School					No School					No School																																												
22					23					24					25					26																																												
Beef Lasagna Vegetable Lasagna White Rice Focaccia Bread Mixed Green Salad Steamed Broccoli Chocolate cake					Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Gyoza w. Dipping Sauce (V) Sesame Noodles Mixed Green Salad Edamame Sliced Pineapple					Cezars Roast Pork w. Savory Demi (V) Vegetarian Loaf w. Vegetable Demi White Rice Roasted Carrots Mixed Green Salad Potato Gratin Peach Cobbler					Karaage Chicken (V) Tofu Karaage White Rice Kimpira Gobo Mixed Green Salad Asparagus Orange Wedges					Santa Fe Beef Tacos (V) Vegetable Bean Tacos White Rice Pico de Gallo, Salsa Mixed Green Salad Corn on the Cob Fresh Banana																																												
EGG	DAIRY	WHEAT			BEEF	SESAME	FISH	SOY		WHEAT	PORK				SESAME		SOY			EGG	DAIRY	WHEAT								WHEAT					SESAME	FISH	SOY			DAIRY	WHEAT									SOY														
29					30					31																																																						
Fish Fingers (V) Chick Pea Fingers White Rice Steamed Carrots Mixed Green Salad French Fries Sponge Cake					Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes Mixed Green Salad Roasted Vegetables Mixed Fruit					Organic Spaghetti Bolognese (V) Organic Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans Mixed Green Salad Cauliflower Sliced Melon																																																						
EGG	DAIRY	WHEAT					FISH	SOY		EGG	DAIRY	WHEAT					FISH	SOY		EGG	DAIRY	WHEAT			BEEF																																							



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