

September 2022



CANADIAN ACADEMY

Monday					Tuesday					Wednesday					Thursday					Friday				
															1					2				
															Lemon Chicken (V) Asparagus w. Garbanzo & Lemon White Rice Thyme Roasted Carrots Fresh Herb Salad w. Condiments Tomato Basil Soup Chocolate Cake					Pepperoni Pizza (V) Margherita Pizza Pepperoncini Pasta Zucchini w. Eggplant in Pesto Sauce Fresh Herb Salad w. Condiments Meatball Soup Sliced Melon				
															EGG DAIRY WHEAT					EGG DAIRY WHEAT				
5					6					7					8					9				
Cajun Chicken (V) Cajun Vegetable Cream Pasta White Rice Pan Seared Okra Fresh Herb Salad w. Condiments Creole Vegetable Gumbo Bread Pudding					Teriyaki Glazed Black Cod (V) Crispy Glazed Aburaage w. Julienne Vegetables White Rice Green Beans w. Shitake Fresh Herb Salad w. Condiments Miso Soup Mikan					Scalloped Chicken Breast in Mushroom Sauce (V) Scalloped Eggplant w. Crispy Aburaage Herb Roasted Potatoes Warm Cous Cous Tabbouleh Fresh Herb Salad w. Condiments Vegetable Soup Caramelized Pears					Meatball Pasta (V) Zucchini Meatball Pasta Ciabatta Bread Grilled Zucchini Fresh Herb Salad w. Condiments Lentil Soup Fresh Melon w. Grapes					Mandarin Chicken (V) Tofu Karaage White Rice Stir Fried Vegetables Fresh Herb Salad w. Condiments Harusame Soup Mango Mousse				
EGG DAIRY WHEAT					WHEAT					SESAME FISH SOY					EGG DAIRY WHEAT					EGG DAIRY WHEAT				
12					13					14					15					16				
Beef Stew (V) Healthy Vegetable Stew Parsley Potatoes Carrot Batons Fresh Herb Salad w. Condiments Spinach Bisque Apple Crumble					International Chocolate Day Mexican Chocolate Chicken (Mole) (V) Bean & Vegetable Enchiladas White Rice Zucchini Gratin Fresh Herb Salad w. Condiments Mexicali Soup Chocolate Mousse					Stir Fried Seafood w. Vegetables (V) Vegetable & Tofu Stir Fry White Rice Shoronpo Fresh Herb Salad w. Condiments Egg Drop Soup Lemon Cake					Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Eggplant w. Peppers Fresh Herb Salad w. Condiments Minestrone Soup Orange Wedges					Skillet Chicken & Organic Vegetable Pasta (V) Organic Skillet Vegetarian Pasta Focaccia Bread Autumn Roasted Squash Fresh Herb Salad w. Condiments Cannellini Bean Soup w. Kale Fresh Fruits w. Dried Cranberries in Syrup				
DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT				
19					20					21					22					23				
Miso Chicken (V) Vegetarian Harusame White Rice Snap Peas Fresh Herb Salad w. Condiments Clear Mushroom Soup Fresh Bananas					Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Stewed Cabbage Fresh Herb Salad w. Condiments Sweet Corn Soup Fresh Fruit w. Lime Zest					Coq Au Vin (V) Lentil & Mushroom Au Vin Mashed Potatoes Carrots Vichy Fresh Herb Salad w. Condiments French Onion Soup Blueberry Cake					Cezars Roast Pork w. Gravy (V) Vegetarian Loaf w. Savory Demi White Rice Roasted Carrots Fresh Herb Salad w. Condiments Mediterranean Bean Soup Mikan Jelly					Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese Corn on the Cobb Fresh Herb Salad w. Condiments Tomato Soup Peach Cobbler				
WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT				
26					27					28					29					30				
Japanese Hamburg (V) Vegetable Bean Hamburg w. Veg Demi White Rice Green Beans Mixed Mushrooms Drink Peaches w. Raspberry Sauce					Tandoori Chicken (V) Vegetable Makhanni White Rice Roasted Pumpkin w. Brown Butter Fresh Herb Salad w. Condiments Mulligatawny Soup Pineapple w. Mango					Seafood Pasta in Garlic Lemon Sauce (V) Chick Pea & Kale Pasta w. Tomatoes Vienna Rolls Asparagus Parmesan Fresh Herb Salad w. Condiments Cabbage & Potato Soup Italian Fruit Custard					Chicken Nimono (V) Simmered Vegetables w. Tofu White Rice Sesame Snap Peas Fresh Herb Salad w. Condiments Aburaage Soup Fruit Rolled Sponge Cake					Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Fresh Herb Salad w. Condiments Zuppa Toscana Italian Meringue w. Berry Compote				
EGG DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT					EGG DAIRY WHEAT				

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