

October 2022



CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cajun Chicken (V) Cajun Vegetable Cream Pasta White Rice Pan Seared Okra Fresh 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 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 Salad w. Condiments Vegetable Soup Caramelized Pears	Meatball Pasta (V) Zucchini Meatball Pasta Ciabatta Bread Grilled Zucchini Fresh Salad w. Condiments Lentil Soup Fresh Melon w. Grapes	Mandarin Chicken (V) Tofu Karaage White Rice Stir Fried Vegetables Fresh Salad w. Condiments Harusame Soup Mango Mousse
EGG DAIRY WHEAT BEEF	EGG DAIRY WHEAT FISH SOY	DAIRY WHEAT FISH	EGG DAIRY WHEAT PORK SESAME FISH SOY	EGG DAIRY WHEAT BEEF PORK SESAME SOY
10	11	12	13	14
Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Fresh Salad w. Condiments Vegetable Soup Apple Crumble	Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans Fresh Salad w. Condiments Garbanzo Soup Sliced Melon	Coconut Chicken Curry (V) Vegetable Curry w. Tofu White Rice Sautéed Spinach Fresh Salad w. Condiments Pumpkin Soup Fresh Fruit	World Sight Day Stir Fry Pork w. Peppers (V) Vegetable & Tofu Stir Fry White Rice Sesame Noodles Fresh Salad w. Condiments Egg Drop Soup Lemon Cake	CK Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Fresh Salad w. Condiments Minestrone Soup Mikan
EGG DAIRY WHEAT	EGG DAIRY WHEAT BEEF SOY	EGG DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT PORK SESAME FISH SOY	EGG DAIRY WHEAT BEEF SESAME
17	18	19	20	21
Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Stewed Cabbage Fresh Salad w. Condiments Sweet Corn Soup Fresh Fruit	Butter Chicken (V) Vegetable Makhanni White Rice Roasted Pumpkin w. Brown Butter Fresh Salad w. Condiments Mulligatawny Soup Pineapple	Meatball Pasta (V) Zucchini Meatball Pasta Ciabatta Bread Grilled Zucchini Fresh Salad w. Condiments Lentil Soup Fresh Melon w. Grapes	Karaage Chicken (V) Tofu Karaage White Rice Kimpira Gobo Fresh Salad w. Condiments Aburaage Soup Orange Wedges	Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Fresh Salad w. Condiments Zuppa Toscana Chocolate Cake
EGG DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT	DAIRY WHEAT BEEF SOY	WHEAT SESAME FISH SOY	EGG DAIRY WHEAT BEEF
24	25	26	27	28
No School	No School	No School	No School	No School
31				
No School				