

# November 2022



# CANADIAN ACADEMY

Monday										Tuesday										Wednesday										Thursday										Friday									
										1										2										3										4									
										Chicken Adobo (V) Vegetable Pancit w. Aburaage White Rice Adobong Kankong (Spinach w. Garlic & Soy) Sesame Wakame Salad Sinigang Soup Fruit Jelly										Teriyaki Pork (V) Teriyaki Tofu w. Daikon White Rice Edamame Gomaee Fresh Salad w. Condiments Miso Soup Sliced Pineapple										Mandarin Chicken (V) Crispy Mandarin Tofu White Rice Stir Fry Vegetables w. Baby Corn Fresh Salad w. Condiments Hot & Sour Shitake Soup Mango Mousse										Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Fresh Salad w. Condiments Zuppa Toscana Mix berries cake									
										WHEAT FISH SESAME SOY										EGG WHEAT FISH SESAME PORK SOY										EGG DAIRY WHEAT SESAME PORK SOY										EGG DAIRY WHEAT BEEF									
7										8										9										10										11									
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese Corn on the Cobb Fresh Salad w. Condiments Tomato Soup Apple Crumble										Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Green Beans Fresh Salad w. Condiments Vegetable Soup Fresh Fruits in Syrup										Chicken Stroganoff (V) Mushroom & Vegetable Stroganoff Parsley Buttered Noodles Brussel Sprouts Fresh Salad w. Condiments French Onion Soup Spiced Hot Fruit Bake										Lemon Butter Whitefish (V) Tofu Meunier Parsley Boiled Potatoes Ratatouille Fresh Salad w. Condiments Asparagus Soup Peaches & Cream										Sweet & Sour Chicken Sweet & Sour Vegetables & Tofu White Rice Shorompo / (V) Vegetarian Gyoza Soy Glazed Eggplant Egg Drop Soup Fresh Fruit									
EGG DAIRY WHEAT SOY										EGG DAIRY WHEAT BEEF SOY										EGG DAIRY WHEAT DAIRY WHEAT FISH										EGG WHEAT SESAME PORK SOY																			
14										15										16										17										18									
Tonkatsu w. Shredded Cabbage (V) Tofu Katsu w. Shredded Cabbage White Rice Kimpira Gobo Fresh Salad w. Condiments Enoki Mushroom Noodle Soup Apple Wedges										Chicken w. Paprika Sauce (V) Savory Lentils Rice w. Grains Green Beans Fresh Salad w. Condiments Hungarian Potato Soup Krémes (Puff Pastry w. Vanilla Custard)										Mixed Seafood Tacos (V) Vegetable Bean Tacos Flour Tortilla Roasted Corn Fresh Salad w. Condiments Mexicali Soup Fresh Bananas										Chicken Vesuvio (V) Chick Peas in Pomodoro Pasta Al Pepperoncino Sautéed Broccoli Fresh Salad w. Condiments Meatball Soup Freshly Mixed Fruit										CK Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Roasted Carrots Fresh Salad w. Condiments Minestrone Soup Mikan									
EGG DAIRY WHEAT SESAME PORK SOY										EGG DAIRY WHEAT										DAIRY WHEAT FISH SOY										EGG DAIRY WHEAT BEEF PORK										EGG DAIRY WHEAT SESAME BEEF									
21										22										23										24										25									
Hayashi Beef (V) Edamame Stir fry w. Sesame & Garlic White Rice Snap Peas Fresh Salad w. Condiments Stewed Vegetable Soup Banana										Miso Chicken (V) Vegetarian Harusame White Rice Green Beans Fresh Salad w. Condiments Clear Mushroom Soup Pineapple										No School										Cezars Traditional Roast Thanksgiving Fowl (V) Vegetarian Mushroom Wellington Mashed Sweet Potatoes Traditional Stuffing Green Beans Salad Creamy Winter Squash Soup Pumpkin Pie Bars										Beef Bulgogi w. Vegetables (V) Tofu Bulgogi White Rice Chapchae Bibimbap Vegetables Wakame Soup Orange Wedges									
EGG DAIRY WHEAT SESAME BEEF SOY										EGG DAIRY WHEAT SOY																				EGG DAIRY WHEAT WHEAT SESAME BEEF SOY																			
28										29										30																													
Creamy Chicken Pesto Pasta (V) Pesto Cream Garbanzo Pasta Pan Fougasse Mediterranean Grilled Vegetables Fresh Salad w. Condiments Cannellini Bean & Tomato Soup Pears w. Caramel Sauce										Lemon & Herb Crusted Cod (V) Zucchini w. Lemon & Garbanzo Parsley Boiled Potatoes Cherry Tomato & Eggplant Confit Fresh Salad w. Condiments Corn Chowder Chocolate Cake										Japanese Pork Curry (V) Japanese Tofu Curry White Rice Croquettes Fresh Salad w. Condiments Aburaage Soup Mixed Fruit																													
EGG DAIRY WHEAT										EGG DAIRY WHEAT FISH										DAIRY WHEAT PORK SOY																													

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