December 2022





| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|--------------------------------------|---|--|---|
| 1 | | | | |
| | | | Tandoori Chicken | Beef Lasagna |
| | | | (V) Vegetable Makhanni | (V) Vegetarian Lasagna |
| | | | White Rice | Cezars Freshly Baked Focaccia |
| | | | Roasted Pumpkin w. Brown Butter | Cauliflower w. Broccoli |
| | | | Fresh Herb Salad w. Condiments | Fresh Herb Salad w. Condiments |
| | | | Mulligatawny Soup | Zuppa Toscana |
| | | | Mango Mousse | Mikan Jelly |
| | | | EGG DAIRY WHEAT | EGG DAIRY WHEAT BEEF |
| Make Your Wish Day 5 6 7 8 | | | | |
| Herb Roasted Chicken | Teriyaki Roast Pork | Chicken Cacciatore | Seafood Pasta Frutti di Mare | Chicken Fajitas |
| (V) Grilled Vegetables w. Legumes | (V) Teriyaki Tofu w. Daikon | (V) Cannellini Bean & Mushroom Cacciatore | (V) Chick Pea & Kale Pasta w. Tomatoes | (V) Vegetable Bean Tacos |
| White Rice | White Rice | Herb Roasted Potatoes | Vienna Rolls | Flour Tortilla |
| Asparagus w. Lemon Pepper | Vegetable Spring Rolls | Pesto Cheese Eggplant | Asparagus Parmesan | Roasted Corn |
| Fresh Herb Salad w. Condiments | Fresh Herb Salad w. Condiments | Fresh Herb Salad w. Condiments | Fresh Herb Salad w. Condiments | Fresh Herb Salad w. Condiments |
| Vegetable Soup | Aburaage Soup | Florentine Soup | Cabbage & Potato Soup | Mexicali Soup |
| Apple Crumble | Sliced Pineapple | Zabaglione | Panna Cotta | Fresh Bananas |
| EGG DAIRY WHEAT | EGG WHEAT PORK SESAME FISH SOY | · · · | EGG DAIRY WHEAT FISH | DAIRY WHEAT SOY |
| 12 13 14 15 16 | | | | |
| Stir Fried Beef & Broccoli | Chicken Picatta (w. Lemon & Capers) | Meatball Pasta | Chicken Nimono | Fish Fingers w. Tartar Sauce |
| (V) Vegetable & Tofu Stir Fry | (V) Cauliflower & White Bean Picatta | (V) Zucchini Meatball Pasta | (V) Simmered Vegetables w. Tofu | (V) Crispy Lemon Pepper Tofu |
| White Rice | Rice w. Mixed Grains | Ciabatta Bread | White Rice | White Rice |
| Shorompo (V) Sesame Vegetable Noodles | Brussel Sprouts | Grilled Eggplant | Sesame Snap Peas | Stewed Cabbage |
| Fresh Herb Salad w. Condiments | Fresh Herb Salad w. Condiments | Fresh Herb Salad w. Condiments | Fresh Herb Salad w. Condiments | Fresh Herb Salad w. Condiments |
| Egg Drop Soup | Roasted Paprika Soup | Lentil Soup | Miso Soup w. Satoimo & Daikon | Sweet Corn Soup |
| Fresh Mikan | Tiramisu | Fresh Fruit w. Dried Cranberries in Syrup | Fruit Rolled Sponge Cake | Fresh Fruit w. Lime Zest |
| EGG WHEAT BEEF PORK SESAME SOY | EGG DAIRY WHEAT | DAIRY WHEAT BEEF SOY | EGG DAIRY WHEAT SESAME FISH SOY | EGG DAIRY WHEAT FISH SOY |
| 19 <u>20</u> 21 <u>22</u> | | | | |
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| | | | | Cezars Kitchen menu does not contain nuts |

CANADIAN ACADEMY

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