

# February 2023



# CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Spaghetti w. Meatballs (V) Zucchini Meatball Pasta Ciabatta Bread Grilled Zucchini Fresh Herb Salad w. Condiments Lentil Soup Fresh Melon w. Grapes	Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Gratin Potatoes Roasted Corn Kernels Fresh Herb Salad w. Condiments Butternut Squash Soup Mixed Berry Cobbler	CK Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Fresh Herb Salad w. Condiments Tomato Soup Pineapple w. Oranges
		DAIRY WHEAT BEEF	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT BEEF SESAME
6	7	8	9	10
Butter Chicken (V) Vegetable Makhanni Freshly Baked Naan Roasted Pumpkin w. Brown Butter Fresh Herb Salad w. Condiments Mulligatawny Soup Mango Crumble	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	Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Carrot Flowers Fresh Herb Salad w. Condiments Miso Soup Sliced Pineapple	Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Fresh Herb Salad w. Condiments Zuppa Toscana Grape Jelly	Karaage Chicken (V) Tofu Karaage White Rice Edamame Gomaee Fresh Herb Salad w. Condiments Clear Mushroom Soup Sponge Cake
EGG DAIRY WHEAT	EGG DAIRY WHEAT FISH SOY	EGG WHEAT SESAME SOY	EGG DAIRY WHEAT BEEF PORK SOY	EGG DAIRY WHEAT SESAME SOY
13	Valentines Day 14	15	No Lunch ES & K 16	No Lunch ES & K 17
Beef & Bean Nachos (V) Vegetable Bean Nachos White Rice Tomato Salsa Fresh Herb Salad w. Condiments Vegetable Pozole Caramel Custard	CK Made w. Love Roasted Chicken (V) Cupids Cuisine Natural Lentils w. Vegetables Soul Mate Mac N Cheese I Love You Broccoli Be Mine If You Carrot All Salad Love Potion #9 Strawberry Soup Heartbreaker Chocolate Truffle Cake	Meat Lovers Pizza (V) Margherita Pizza Pepperoncini Pasta Roasted Peppers & Eggplant in Pesto Sauce Fresh Herb Salad w. Condiments Zucchini Meatball Soup Orange Wedges	Chicken Shashlik (V) Tofu Shashlik White Rice Garlic & Ginger Glazed Squash Fresh Herb Salad w. Condiments Khichra - Beef Lentil Soup (V) Lentil Mixed Fruits w. Custard	Seafood Pasta Frutti di Mare (V) Chick Pea & Kale Pasta w. Tomatoes Vienna Rolls Asparagus Parmesan Fresh Herb Salad w. Condiments Cabbage & Potato Soup Chocolate & Caramel Trifle
EGG DAIRY WHEAT BEEF	EGG DAIRY WHEAT	EGG DAIRY WHEAT PORK	EGG DAIRY WHEAT BEEF SOY	EGG DAIRY WHEAT FISH
20	21	22	23	24
School Holiday	School Holiday	Japanese Chicken Curry (V) Japanese Vegetarian Curry w. Garbanzo White Rice Croquettes Fresh Herb Salad w. Condiments Aburaage Soup Mixed Fruit	Italian Roast Pork w. Crispy Crackling (V) Sweet & Sour Crispy Tofu Smashed Potatoes Chinese Broccoli w. Sauteed Greens Fresh Herb Salad w. Condiments Pasta e Fagioli (Bean w. Pasta Soup) Tiramisu	Chicken Fajitas (V) Vegetable Bean Tacos Flour Tortilla Mexican Corn Fresh Herb Salad w. Condiments Sopa de Fideo (Fine Pasta & Tomato Soup) Fresh Bananas
		EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT PORK SOY	EGG DAIRY WHEAT SOY
27	28			
Broiled Cod w. Lemon Herb Butter (V) Vegetable, Edamame & Seaweed Cakes Buttered Noodles Brussel Sprouts Fresh Herb Salad w. Condiments Potato Chowder Sliced Pears w. Caramel Sauce	Creamy Chicken Penne Ala Pesto Penne Pasta (V) Fresh Herb & Vegetable Gnocchi Cheese Rolls Grilled Zucchini w. Semi Dried Tomatoes Fresh Herb Salad w. Condiments Minestrone Soup Raspberry Pannacotta			
EGG DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT			

Cezars Kitchen menu does not contain nuts

Menu may change depending on ingredient availability