

# January 2023

# CEZARS™ KITCHEN

# CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
No School	No School	No School	No School	No School
9	10	11	12	13
No School	Lemon & Olive Chicken Breast (V) Garbanzos w. Olive Tapenade White Rice Roasted Vegetables w. Tomatoes & Onions Fresh Herb Salad w. Condiments Scotch Broth (V) Vegetable Consomee Banoffee Chocolate Cake	Teriyaki Roasted Pork (V) Teriyaki Tofu w. Daikon White Rice Carrot Flowers Fresh Herb Salad w. Condiments Miso Soup Sliced Pineapple	Barbeque Chicken Pizza (V) Margherita Pizza Winter Skillet Vegetable Pasta Buttered Corn Fresh Herb Salad w. Condiments Country Bean Soup Orange Wedges	Freddie's Freaky Fishsticks w. Tartar Sauce (V) Tofu Fingers w. Honey Soy Sauce Mac N Cheese Blaster Braised Spinach & Red Onions Fresh Herb Salad w. Condiments Ghoulish Roasted Paprika Soup Caramel Apple Wedges
	EGG DAIRY WHEAT	EGG WHEAT PORK SESAME FISH	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT FISH SOY
16	17	18	19	20
Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Fresh Herb Salad w. Condiments Vegetable Soup Ambrosia Fruits	Organic Spaghetti Bolognese (V) Organic Spaghetti w. Chick Peas in Pomodoro Garlic Breadsticks Sauteed Broccoli Fresh Herb Salad w. Condiments Tuscan Bean Soup Panna Cotta	Chicken w. Paprika Sauce (V) Savory Lentils Sweet Potato Gratin Green Beans Fresh Herb Salad w. Condiments Mushroom Soup Fruits & Oat Crumble	Butadon (Pork Rice Bowl) (V) Simmered Tofu w. Vegetables White Rice Okra Ohitashi Pickled Ginger Sweet Corn Soup Fresh Mikan	Outback Grilled Chicken (V) Grilled Winter Vegetables w. BBQ Aussie Cheese Fries Roasted Ratatouille Fresh Herb Salad w. Condiments Ham & Pea Soup (V) Pea Soup w. Mint Peach Raspberry Pavlova
EGG DAIRY WHEAT	EGG DAIRY WHEAT BEEF SOY	EGG DAIRY WHEAT	WHEAT PORK Fish SOY	EGG DAIRY WHEAT PORK
23	24	25	26	27
Pasta all' Amatriciana (V) Pasta w. Eggplant Arrabiata Focaccia Pan Seared Garbanzos w. Pesto Fresh Herb Salad w. Condiments Zucchini Meatball Soup Mixed Fruits	Chicken Fajitas (V) Vegetable Bean Tacos Flour Tortilla Mexican Corn Fresh Herb Salad w. Condiments Garbanzo Soup Fresh Bananas	CK Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Fresh Herb Salad w. Condiments Minestrone Soup Pineapple w. Oranges	Chicken Tikka Masala (V) Sprouted Moong Bean Curry Rice w. Grains Roasted Eggplant Cucumber & Yogurt Mint Salad Mulligatawny Soup Sticky Ginger & Caramel Cake	Stir Fried Seafood w. Vegetables (V) Vegetable & Tofu Stir Fry White Rice Shorpono Komatsuna Egg Drop Soup Mikan
EGG DAIRY WHEAT PORK	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT BEEF SESAME	EGG DAIRY WHEAT SOY	EGG WHEAT SESAME FISH SOY
30	31			
Pastrami Seasoned Chicken (V) Pastrami Seasoned Vegetables Parsley Boiled Potatoes Braised Cabbage Fresh Herb Salad w. Condiments White Bean Vegetable Soup Custard w. Grape Jelly & Grapes (Layered)	Hayashi Beef (V) Crispy Tofu w. Sesame & Garlic Sauce White Rice Snap Peas Fresh Herb Salad w. Condiments Miso Soup Crispy Sweet Potatoes w. Syrup			
EGG DAIRY WHEAT	EGG DAIRY WHEAT FISH SOY			

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