

March 2023



CANADIAN ACADEMY

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Beef Burger Vegetable Patties Burger French Fries Grilled Asparagus Fresh Salad w. Condiments Broccoli Soup Mango Custard		Moroccan Chicken Tajine Vegetable Tajine Pita Bread Mixed Grilled Peppers Fresh Salad w. Condiments Vegetable Soup Chocolate cake		Japanese Pork Curry (V) Japanese Tofu Curry White Rice Vegetable Croquettes Fresh Salad w. Condiments Aburaage Soup Mixed Fruit	
				EGG WHEAT DAIRY	BEEF	EGG DAIRY WHEAT		EGG DAIRY WHEAT	PORK SOY
6		7		8		9		10	
Chicken Vesuvio (V) Chick Peas in Pomodoro Pasta Al Pepperoncino Sauteed Broccoli Fresh Salad w. Condiments Tomato Soup Freshly Mixed Fruit		Beef Bulgogi w. Vegetables (V) Tofu Bulgogi White Rice Chapchae Bibimbap Vegetables Wakame Soup Orange Wedges		Chicken Stroganoff (V) Mushroom & Vegetable Stroganoff Buttered Mushed Potatoes Brussel Sprouts Fresh Salad w. Condiments French Onion Soup Spiced Hot Fruit Bake		Mixed Seafood Tacos (V) Vegetable Bean Tacos Flour Tortilla Roasted Corn Fresh Salad w. Condiments Mexicali Soup Fresh Bananas		BBQ Chicken BBQ Gratin of Tofu & Vegetables White Rice Herbed Focaccia Fresh Salad w. Condiments Corn Soup Sliced Pineapple	
EGG DAIRY WHEAT		WHEAT	BEEF SESAME SOY	EGG DAIRY WHEAT		EGG DAIRY WHEAT	FISH SOY	EGG DAIRY WHEAT	
13		14		15		16		17	
Roast Pork Belly (V) Vegetable Falafel White Rice Creamy Potatoes Gratin Fresh Salad w. Condiments Macaroni Soup Panna Cotta		Green Thai Chicken curry (V) Thai Vegetable Curry White Rice Roasted Vegetables Fresh Salad w. Condiments Tom Yum Soup Chocolate Cookies		Meatball Pasta (V) Zucchini Meatball Pasta Ciabatta Bread Grilled Eggplant Fresh Salad w. Condiments Lentil Soup Ambrosia Fruits		Chicken Karaage (V) Tofu Karaage White Rice Sauteed Japanese Vegetable Fresh Salad w. Condiments Miso Soup Orange Wedges		Fish Sticks w. Tartar Sauce (V) Tofu Fingers w. Honey Soy Sauce Mac N Cheese Blaster Braised Spinach & Red Onions Fresh Salad w. Condiments Ghoulish Roasted Paprika Soup Caramel Apple Wedges	
EGG DAIRY WHEAT	PORK SOY	EGG DAIRY WHEAT		EGG DAIRY WHEAT	BEEF PORK SOY	DAIRY WHEAT	SESAME SOY	EGG DAIRY WHEAT	FISH SOY
20		21		22		23		24	
School Holiday		School Holiday		School Holiday		School Holiday		School Holiday	
27		28		29		30		31	
Chicken Fajitas (V) Vegetable Bean Tacos Flour Tortilla Mexican Corn Fresh Salad w. Condiments Garbanzo Soup Fresh Bananas		Pasta all' Amatriciana (V) Pasta w. Eggplant Arrabbiata Focaccia Pan Seared Garbanzos w. Pesto Fresh Salad w. Condiments Zucchini Meatball Soup Mixed Fruits		Chicken Tikka Masala (V) Sprouted Moong Bean Curry Rice w. Grains Roasted Eggplant Fresh Salad w. Condiments Mulligatawny Soup Sticky Ginger & Caramel Cake		Roast Pork Shoulder (V) Baked Vegetable Loaf White Rice Roast Potatoes Fresh Salad w. Condiments Carrot Soup Mix Berries Cake		Greek Style Grilled Chicken Thigh Greek Vegetable Ratatouille White Rice Mashed Potato Fresh Salad w. Condiments Lentil Soup Mikan	
EGG DAIRY WHEAT	SOY	EGG DAIRY WHEAT	PORK	EGG DAIRY WHEAT	SOY	EGG DAIRY WHEAT	SESAME PORK SOY	EGG DAIRY WHEAT	SESAME

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