

# April 2023



# CANADIAN ACADEMY

Monday		Tuesday		Wednesday		Thursday		Friday																																									
3		4		5		6		7																																									
Beef & Pork Hamburg w. Gravy (V) Vegetable Bean Hamburg w. Veg Demi White Rice Creamy Mashed Potatoes Fresh Salad w. Condiments Sweet Corn Egg Drop Soup Chocolate Cake		Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Croquettes Fresh Salad w. Condiments Miso Soup Mixed Fruit		Fried Fish w. Tartar Sauce (V) Vegetable Falafel White Rice French Fries Fresh Salad w. Condiments Lentil Soup The Counselors Spice Poached Pears		Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Stir Fry Vegetable Noodles Fresh Salad w. Condiments Aburaage Soup Sliced Pineapple		Pizza Day Meat Lovers Pizza (V) Margherita Pizza Zucchini w. Eggplant in Pesto Sauce Fresh Salad w. Condiments Vegetable Soup Orange Cake																																									
EGG	DAIRY	WHEAT	PORK	BEEF		SOY				EGG	DAIRY	WHEAT				SOY				EGG	DAIRY	WHEAT				FISH				EGG		WHEAT				SESAME		SOY		EGG	DAIRY	WHEAT	PORK						
10		11		12		13		14																																									
Herb Roasted Chicken (V) Vegetable Ratatouille White Rice Mac & Cheese Fresh Salad w. Condiments Vegetable Soup Apple Crumble		Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Broccoli Fresh Salad w. Condiments Garbanzo Soup Sliced Melon		Coconut Chicken Curry (V) Vegetable Curry w. Tofu Pita Bread Smoked Eggplant Fresh Salad w. Condiments Pumpkin Soup Fresh Fruit		SS No Class		SS No Class																																									
EGG	DAIRY	WHEAT								EGG	DAIRY	WHEAT				BEEF	SOY			EGG	DAIRY	WHEAT				FISH	SOY			EGG	DAIRY	WHEAT	PORK			SESAME		SOY		EGG	DAIRY	WHEAT				SESAME		SOY	
17		18		19		20		21																																									
Baked Herbed White Fish (V) Crispy Lemon Pepper Tofu White Rice Potato Wedges Fresh Salad w. Condiments Sweet Corn Soup Fresh Fruit		Butter Chicken (V) Vegetable Indian Curry Naan Bread Roasted Pumpkin w. Brown Butter Fresh Salad w. Condiments Muligatawny Soup Pineapple		Grilled Pork Loin (V) Zucchini Meatball Pasta Potato Gratin Grilled Vegetable Fresh Salad w. Condiments Lentil Soup Fresh Melon		Karaage Chicken (V) Tofu Karaage White Rice Kimpira Gobo Fresh Salad w. Condiments Aburaage Soup Orange Wedges		Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Fresh Salad w. Condiments Zuppa Toscana Chocolate Cake																																									
EGG	DAIRY	WHEAT				FISH	SOY			EGG	DAIRY	WHEAT								EGG	DAIRY	WHEAT	PORK					SOY				WHEAT	SESAME				FISH	SOY		EGG	DAIRY	WHEAT				BEEF			
24		25		26		27		28																																									
Sessame & Miso Grilled Chicken (V) Grilled Sesame & Miso Vegetable White Rice Japanese Soy Braised Vegetables Fresh Salad w. Condiments Tomato Soup Peach Cobbler		Sweet & Sour Pork Sweet & Sour Grilled Vegetable White Rice Roasted Pumpkin Fresh Salad w. Condiments Corn Soup Fresh Fruit		Chicken Fajitas (V) Vegetable Bean Tacos Flour Tortilla Corn on the Cobb Fresh Salad w. Condiments Mexicali Soup Fresh Bananas		Baked Beef Meat Loaf (V) Vegetarian Loaf w. Savory Demi White Rice Roasted Carrots Fresh Salad w. Condiments Mediterranean Bean Soup Chocolate Cookies		ES No Class																																									
EGG	DAIRY	WHEAT	SESAME				SOY					WHEAT	PORK		SESAME		SOY				DAIRY	WHEAT					SOY			EGG	DAIRY	WHEAT				BEEF				EGG	DAIRY	WHEAT							

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