

May 2023



CANADIAN ACADEMY

Monday										Tuesday										Wednesday										Thursday										Friday									
1										2										3										4										5									
Moroccan Chicken Tajine (V) Vegetable Tajine Pita Bread Mixed Grilled Peppers Fresh Salad w. Condiments Vegetable Soup Chocolate Cake										Beef Burger (V) Vegetable Patties Burger French Fries Grilled Asparagus Fresh Salad w. Condiments Broccoli Soup Mango Custard										Chicken Stroganoff (V) Mushroom & Vegetable Stroganoff Buttered Mashed Potatoes Brussel Sprouts Fresh Salad w. Condiments French Onion Soup Spiced Hot Fruit Bake										No School										No School									
EGG	DAIRY	WHEAT								EGG	DAIRY	WHEAT			BEEF	PORK				EGG	WHEAT	DAIRY																											
8										9										10										11										12									
Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Vegetable Croquettes Fresh Salad w. Condiments Aburaage Soup Fruit & Jelly										Beef Bulgogi w. Vegetables (V) Tofu Bulgogi White Rice Chapchae Fresh Salad w. Condiments Wakame Soup Orange Wedges										Chicken Vesuvio (V) Chick Peas in Pomodoro Pasta Al Pepperoncino Sauteed Broccoli Fresh Salad w. Condiments Tomato Soup Mixed Fruit										Mixed Seafood Tacos (V) Vegetable Bean Tacos Flour Tortilla Roasted Corn Fresh Salad w. Condiments Mexicali Soup Fresh Bananas										BBQ Chicken (V) BBQ Gratin of Tofu & Vegetables White Rice Herbed Focaccia Fresh Salad w. Condiments Corn Soup Sliced Pineapple									
EGG	DAIRY	WHEAT						PORK	BEEF	FISH	SOY			WHEAT			BEEF	SESAME	SOY	EGG	DAIRY	WHEAT							EGG	DAIRY	WHEAT					FISH	SEAFOOD	SOY		DAIRY	WHEAT						SOY		
15										16										17										18										19									
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 Ghoulis Roasted Paprika Soup Caramel Apple Wedges									
EGG	DAIRY	WHEAT						PORK	SOY	EGG	DAIRY	WHEAT			FISH			SOY	EGG	DAIRY	WHEAT					BEEF		SOY		DAIRY	WHEAT				SESAME	FISH	SOY	EGG	DAIRY	WHEAT					FISH	SOY			
22										23										24										25										26									
Greek Style Grilled Chicken Thigh (V) Greek Vegetable Ratatouille White Rice Mashed Potato Fresh Salad w. Condiments Lentil Soup Mikan										Beef Lasagna (V) Vegetable Lasagna Herb Focaccia Steamed Broccoli Fresh Salad w. Condiments Italian Chopped Vegetable Soup 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										Gaprao Chicken (V) Thai Vegetable Gaprao White Rice Garlic Butter Spinach Fresh Salad w. Condiments Harusame Soup Fruit Jelly									
	DAIRY									EGG	DAIRY	WHEAT			BEEF				EGG	DAIRY	WHEAT						SOY	EGG	DAIRY	WHEAT			SESAME	PORK	SOY	EGG	DAIRY	WHEAT	SESAME	PORK	BEEF	FISH	SOY						
29										30										31										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										Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Fried Gyoza w. Dipping Sauce (V) Asian Falafel Fresh Salad w. Condiments Wakame Miso Soup Sliced Pineapple																													
EGG	DAIRY	WHEAT							SOY	EGG	DAIRY	WHEAT				PORK			EGG		WHEAT					SESAME	FISH	SOY																					

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