

June 2023



CANADIAN ACADEMY

Monday										Tuesday										Wednesday										Thursday										Friday									
																														1										2									
																														Beef Tacos (V) Vegetable Tacos Flour Tortillas Corn on the Cobb Fresh Salad w. Condiments Mexican Vegetables Soup Sliced Pineapple										Meat Lovers Pizza (V) Margherita Pizza Basil Penne Zucchini w. Eggplant in Pesto Sauce Fresh Salad w. Condiments Meatball Soup (V) Vegetable Meatballs Soup Orange Cake									
																														EGG DAIRY WHEAT BEEF SOY										EGG DAIRY WHEAT PORK									
5										6										7										8										9									
Chicken Shawarma Vegetable Shawarma 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										Stir Fry Pork w. Peppers (V) Vegetable & Tofu Stir Fry White Rice Sesame Noodles Fresh Salad w. Condiments Egg Drop Soup Lemon Cake										BBQ Grilled Chicken (V) Creamy BBQ Grilled Vegetable Pot Crispy Potato Wedges Steamed Gyoza (V) Steamed Broccoli Fresh Salad w. Condiments Minestrone Soup Fruit Jelly (V) Banana									
EGG DAIRY WHEAT										EGG DAIRY WHEAT BEEF SOY										EGG DAIRY WHEAT FISH SOY										EGG DAIRY WHEAT PORK SESAME SOY										EGG DAIRY WHEAT PORK SESAME SOY									
12										13										14										15										16									
Fish & Chips (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 Mulligatawny Soup Pineapple										Grilled Pork Loin (V) Zucchini Meatball Pasta Potato Gratin Roasted Smoked Eggplant Fresh Salad w. Condiments Lentil Soup Fresh Melon										Karaage Chicken (V) Tofu Karaage White Rice Kimpira Gobo Fresh Salad w. Condiments Aburaage Soup Chocolate Cookies										School Holidays									
EGG DAIRY WHEAT FISH SOY										EGG DAIRY WHEAT										EGG DAIRY WHEAT PORK SOY										EGG DAIRY WHEAT SESAME FISH SOY																			
19										20										21										22										23									
School Holidays										School Holidays										School Holidays										School Holidays										School Holidays									
26										27										28										29										30									
School Holidays										School Holidays										School Holidays										School Holidays										School Holidays									

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