

# August 2023



# CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	School Holiday	School Holiday	School Holiday	School Holiday
7	8	9	10	11
School Holiday	School Holiday	School Holiday	School Holiday	School Holiday
14	15	16	17	18
School Holiday	School Holiday	School Holiday	School Holiday	School Holiday
21	22	23	24	25
Sesame & 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 (V) 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	Mapo Tofu (V) Vegetable Mapo Tofu White Rice Roasted Carrots Fresh Salad w. Condiments Mediterranean Bean Soup Fruit Jelly (V) Watermelon	Chicken Adobo (V) Vegetable Adobo Buttered Noodles Brussel Sprouts Fresh Salad w. Condiments Potato Chowder Orange Cookies
EGG DAIRY WHEAT SESAME SOY	WHEAT PORK SESAME SOY	DAIRY WHEAT SOY	EGG DAIRY WHEAT BEEF PORK SOY	EGG DAIRY WHEAT SOY
28	29	30	31	
Herb Roasted Chicken (V) Vegetable Ratatouille White Rice Mac & Cheese Fresh Salad w. Condiments Vegetable Soup Apple Crumble	Meat Ball In Tomato Sauce Vegetable Balls In Tomato Sauce White Rice 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 Vegetable Soup Pineapple Cake	
EGG DAIRY WHEAT	EGG DAIRY WHEAT BEEF SOY	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT PORK SESAME SOY	

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