

October 2023



CANADIAN ACADEMY

Monday		Tuesday				Wednesday				Thursday				Friday												
2		3				4				5				6												
Italian Basil Chicken (V) Italian Basil Vegetable Gratin White Rice Grilled Asparagus Mixed Salad Vegetable Soup Sliced Pineapple		Beef Tacos (V) Vegetable Bean Tacos White Rice Pico de Gallo, Salsa Mixed Salad Cream of Corn Soup Fresh Banana				Chicken Karaage (V) Tofu Karaage White Rice Kimpira Gobo Mixed Salad Aburaage Soup Orange Wedges				Cezars Roast Pork w. Savory Demi (V) Vegetarian Loaf w. Vegetable Demi White Rice Roasted Carrots Mixed Salad Mediterranean White Bean Soup Peach Cobbler				Thai Chicken Curry (V) Vegetable Thai Curry Cheese Naan Bread Grilled Asparagus Mixed Salad Tom Yum Soup Mix Berries Mousse												
EGG	WHEAT	PORK	SESAME	FISH	SOY	DAIRY	WHEAT	BEEF	SOY	WHEAT	SESAME	FISH	SOY	EGG	DAIRY	WHEAT	PORK	SOY	EGG	DAIRY	WHEAT	FISH	SOY			
9		10				11				12				13												
Fish Fingers (V) Chick Pea Fingers White Rice Steamed Carrots Mixed Salad Mushroom Soup Sponge Cake		Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes Mixed Salad Miso Soup Mixed Fruit				Roasted Pork Belly (V) Tofu & Vegetable Stew Focaccia Green Beans Mixed Salad Lentil Soup Sliced Melon				Beef Lasagna (V) Vegetable Lasagna Garlic Bread Broccoli Gratin Mixed Salad Tomato Soup Chocolate Cake				Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Mixed Salad Vegetable Soup Fresh Fruits												
EGG	DAIRY	WHEAT	FISH	SOY	EGG	DAIRY	WHEAT	FISH	SOY	EGG	DAIRY	WHEAT	PORK	SOY	EGG	DAIRY	WHEAT	BEEF	SOY	EGG	DAIRY	WHEAT	FISH	SOY		
16		17				18				19				20												
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese & White Rice Corn on the Cobb Mixed Salad Lentil Soup Apple Crumble		Stir Fry Pork (V) Stir Fry Tofu White Rice Soy Glazed Eggplant w. Spring Onion Mixed Salad Egg Drop Soup Fresh Orange				Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Lettuce, Onion, Tomato Minestrone Soup Fresh Pineapple				Smoked Chicken Pizza (V) Vegetable Pizza Mixed Vegetables Garlic Butter Spinach Mixed Salad Harusame Soup Fruit Jelly (V) Banana				Grilled Trout Meunier (V) Roasted Cauliflower & Tofu Meunier Parsley Boiled Potatoes Asparagus w. Lemon Mixed Salad Potato Leek Soup Pineapple Cake												
EGG	DAIRY	WHEAT	SOY	EGG	DAIRY	WHEAT	PORK	SESAME	SOY	EGG	DAIRY	WHEAT	BEEF	SESAME	SOY	EGG	DAIRY	WHEAT	SESAME	PORK	SOY	EGG	DAIRY	WHEAT	FISH	SOY
23		24				25				26				27												
No School		No School				No School				No School				No School												
30		31																								
No School		Spaghetti Beef Bolognese (V) Vegetables Pasta Garlic Cheese Bread Basil Broccoli Mixed Salad Tomato Soup Mixed Fruits																								
EGG	DAIRY	WHEAT	BEEF	FISH	SOY																					

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