

September 2023



CANADIAN ACADEMY

Monday										Tuesday										Wednesday										Thursday										Friday									
																																								1									
																																								Pepperoni Pizza (V) Margherita Pizza Basil Pesto Pasta Grilled Zucchini Fresh Salad w. Condiments Vegetable Soup Orange Cake									
																																								EGG DAIRY WHEAT PORK									
4										5										6										7										8									
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 Pineapple										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 White Rice Steamed Broccoli Fresh Salad w. Condiments Minestrone Soup Fresh Water Melon									
EGG DAIRY WHEAT										EGG DAIRY WHEAT BEEF SOY										EGG DAIRY WHEAT FISH SOY										EGG DAIRY WHEAT PORK SESAME SOY										EGG DAIRY WHEAT SESAME SOY									
11										12										13										14										15									
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 Mulligatawny Soup Pineapple										Grilled Pork Loin (V) Basil Pasta Potato Gratin Grilled Zucchini 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									
18										19										20										21										22									
No School										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										Baked Beef Meat Loaf (V) Vegetarian Loaf w. Savory Demi White Rice Roasted Carrots Fresh Salad w. Condiments Mediterranean Bean Soup Chocolate Cookies										Chicken Adobo (V) Vegetable Adobo Buttered Noodles Brussel Sprouts Fresh Salad w. Condiments Potato Chowder Sliced Pears w. Caramel Sauce									
										WHEAT PORK SESAME SOY										DAIRY WHEAT SOY										EGG DAIRY WHEAT BEEF SOY										EGG DAIRY WHEAT									
25										26										27										28										29									
Sesame & Miso Grilled Chicken (V) Grilled Sesame & Miso Vegetable White Rice Japanese soy Braised Vegetables Fresh Salad w. Condiments Tomato Soup Peach Cobbler										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 Pineapple 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 Spice Poached Pears										Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Stir Fry Vegetable Noodles Fresh Salad w. Condiments Aburaage Soup Sliced Pineapple									
EGG DAIRY WHEAT SESAME SOY										EGG DAIRY WHEAT PORK BEEF SOY										EGG DAIRY WHEAT SOY										EGG DAIRY WHEAT FISH										EGG DAIRY WHEAT SESAME SOY									

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