

November 2023



CANADIAN ACADEMY

Monday										Tuesday										Wednesday										Thursday										Friday									
																				1										2										3									
																				Minced Chicken Pizza (V) Vegetable Pizza Mixed Vegetables Garlic Butter Spinach Mixed Salad Minestrone Soup Fruit Jelly										Stir Fry Pork (V) Stir Fry Tofu White Rice Soy Glazed Eggplant w. Spring Onion Mixed Salad Egg Drop Soup Fresh Orange										Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Mixed Salad Vegetable Soup Mix Berries Custard									
																				EGG DAIRY WHEAT SESAME										EGG DAIRY WHEAT PORK SESAME SOY										EGG DAIRY WHEAT SOY									
6										7										8										9										10									
Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes Mixed Salad Miso Soup Mixed Fruit										Cezars Roast Pork w. Savory Demi (V) Vegetarian Loaf w. Vegetable Demi White Rice Roasted Carrots Mixed Salad Mediterranean White Bean Soup Peach Cobbler										Moroccan Chicken (V) Moroccan Vegetable Casserole White Rice Mix Vegetable Mixed Salad Moroccan Soup Orange Wedges										Fish Fingers (V) Chick Pea Fingers White Rice Steamed Colliflower w. Mix Peppers Mixed Salad Mushroom Soup Sponge Cake										Beef Lasagna (V) Vegetable Lasagna Garlic Bread Broccoli Mixed Salad Tomato Soup Chocolate Cake									
EGG DAIRY WHEAT PORK SOY										EGG DAIRY WHEAT PORK SOY										WHEAT SESAME SOY										EGG DAIRY WHEAT FISH SOY										EGG DAIRY WHEAT BEEF SOY									
13										14										15										16										17									
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese & White Rice Corn on the Cobb Mixed Salad Lentil 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										Herbed Pork Sausages (V) Vegetable Falafel Mashed Potatoes Roasted Carrots Mixed Salad Mediterranean White Bean Soup Peach Cobbler										Grilled Trout Meunier (V) Roasted Cauliflower & Tofu Meunier Parsley Boiled Potatoes Asparagus w. Lemon Mixed Salad Tomato soup Fresh Mikan									
EGG DAIRY WHEAT SOY										DAIRY WHEAT BEEF SOY										WHEAT SESAME SOY										EGG DAIRY WHEAT PORK SOY										EGG DAIRY WHEAT FISH SOY									
20										21										22										23										24									
Italian Basil Chicken (V) Italian Basil Vegetable Gratin White Rice Grilled Asparagus Mixed Salad Vegetable Soup Sliced Pineapple										Fish & Chips (V) Fried Buttered Tofu French Fries Green Peas Mixed Salad Corn Soup Vanilla cake										Spaghetti Beef Bolognese (V) Vegetables Pasta Garlic Cheese Bread Basil Broccoli Mixed Salad Tomato Soup Mixed Fruits										No School										Thanks Giving Chicken (V) Herbed Vegetable Thanks Giving Stuffing Grilled Asparagus Mixed Salad Vegetable Soup Fresh Fruits									
EGG DAIRY WHEAT SOY										EGG DAIRY WHEAT FISH SOY										EGG DAIRY WHEAT BEEF SOY																				EGG DAIRY WHEAT SOY									
27										28										29										30																			
Roasted Pork Belly (V) Tofu & Vegetable Stew Focaccia Green Beans Mixed Salad Lentil Soup Fresh Mikan										Tandoori Chicken (V) Tandoori Vegetables Pita Bread Grilled Asparagus Mixed Salad Curry Vegetable Soup Fresh Pineapple										Juicy Beef Burgers (V) Grilled Vegetable Burgers Crispy Potato Wedges Green Beans Burger Salad - Lettuce, Onion, Tomato Minestrone Soup Cinnamon & Ginger Cake										Chicken Fajitas (V) Vegetable Fajitas Corn Chips Steamed Broccoli Mixed Salad Mexican Soup Fresh Orange																			
EGG DAIRY WHEAT PORK SOY										EGG DAIRY WHEAT SESAME SOY										EGG DAIRY WHEAT BEEF SESAME SOY										EGG DAIRY WHEAT SESAME SOY																			

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