

December 2023



CANADIAN ACADEMY

Monday		Tuesday		Wednesday		Thursday		Friday	
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								Beef Mabo Tofu (V) Veg & Tofu Mabo White Rice Vegetable Spring Rolls Mix Salad Mushroom Soup Caramel Sponge Cake	
								EGG DAIRY WHEAT BEEF SESAME SOY	
4		5		6		7		8	
Roasted Basil Salmon Filet (V) Creamy Basil Vegetable Pot White Rice Grilled Asparagus Mix Salad Tomato Soup Sliced Pineapple		Japanese Chicken Curry (V) Vegetable Curry White Rice Vegetable Croquettes Mix Salad Wakame Soup Fresh Banana		Stir Fry Pork (V) Stir-Fry Soy Meat & Vegetables Rice Noodles Gyoza (V) Vegetables Spring Roll Mix Salad Carrot Soup Mix Fruits		Chicken Karaage (V) Spiced Tofu Karaage White Rice Roast Japanese Vegetable Mix Salad Miso Soup Fresh Fruits		Beef Tacos (V) Vegetable Tacos White Rice Grilled Corn Mix Salad Mexican Soup Mikan	
EGG DAIRY WHEAT FISH		EGG DAIRY WHEAT SESAME SOY		EGG DAIRY WHEAT PORK SESAME SOY		EGG DAIRY WHEAT SESAME FISH SOY		EGG DAIRY WHEAT BEEF SOY	
11		12		13		14		15	
BBQ Chicken (V) BBQ Vegetable Ratatouille White Rice Broccoli Mix Salad Sweet Corn Soup Mikan		Hoi Sin Pork Belly (V) Hoi Sin Tofu & Veg White Rice Sir-Fry Vegetables Mix Salad Egg Drop Soup Fruit Crumble		Chicken Arabiata Penne (V) Vegetable Arabiata Penne White Rice Mix Vegetables Mix Salad Cauliflower Soup Pana Cotta		Fish & Chips (V) Vegetable Fingers White Rice Grilled Asparagus Mix Salad Broccoli Soup Mango Custard		Roast Chicken w. White Gravy (V) Roast Winter Vegetable White Rice Rosemary Potatoes Mix Salad Carrot & Lentil Soup w. Feta & Chickpea Cezars Chocolate Cake	
EGG DAIRY WHEAT		EGG DAIRY WHEAT PORK SESAME FISH SOY		EGG DAIRY WHEAT PORK SOY		EGG DAIRY WHEAT FISH SOY		EGG DAIRY WHEAT	
18		19		20		21		22	
School Holiday		School Holiday		School Holiday		School Holiday		School Holiday	
25		26		27		28		29	
School Holiday		School Holiday		School Holiday		School Holiday		School Holiday	



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