

January 2024



CANADIAN ACADEMY

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
School Holiday		School Holiday		School Holiday		School Holiday		School Holiday	
8		9		10		11		12	
School Holiday		Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Vegetable Croquettes Mixed Salad Mushroom Miso Soup Fresh Bananas		Chorizo Pizza (V) Vegetable Pizza Butter & Basil Macaroni Grilled Asparagus Mixed Salad Egg Drop Soup Fresh Orange		Fish & Chips (V) Vegetable Falafel White Rice Steamed Cauliflower w. Mix Peppers Mixed Salad Broccoli Soup Chocolate cake		Spaghetti Bolognese (V) Broccoli & Mushroom Pasta Garlic Bread Broccoli Gratin Mixed Salad Tomato Soup Fresh Fruits	
EGG DAIRY WHEAT		SESAME FISH SOY		EGG DAIRY WHEAT PORK		EGG DAIRY WHEAT FISH		EGG DAIRY WHEAT BEEF SOY	
15		16		17		18		19	
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole Mac N Cheese & White Rice Corn on the Cobb Mixed Salad Lentil Soup Sliced Pineapple		Beef Bulgogi (V) Tofu Bulgogi White Rice Bibimbap Vegetables Mixed Salad Wakame Soup Fresh Fruits		Basil Chicken (V) Italian Goulash White Rice Spiced Potato Wedges Mixed Salad Minestrone Soup Tiramisu		Beef Burger (V) Vegetable Galette Burger French Fries Mix Grilled Vegetables Mixed Salad Pumpkin Soup Mix Berries Yogurt		Grilled Charcoal Chicken Thigh (V) Roast Winter Vegetables White Rice Rosemary Potato Mixed Salad Carrot & Lentil Soup Cezars Chocolate Cake	
EGG DAIRY WHEAT SOY		WHEAT BEEF SESAME SOY		EGG DAIRY WHEAT		EGG DAIRY WHEAT BEEF		EGG DAIRY WHEAT SESAME FISH SOY	
22		23		24		25		26	
Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Stir Fry Vegetable Noodles Mixed Salad Aburaage Soup Sliced Pineapple		Roasted Pork Belly (V) Mix Vegetable Loaf White Rice Rosemary Potatoes Mixed Salad Mediterranean White Bean Soup Fresh Apples		Indian Butter Chicken (V) Vegetable Indian Curry Naan Bread Spring Rolls Mixed Salad Vegetable Soup Orange Cake		Beef Tacos (V) Vegetable Soy Meat Tacos White Rice Spiced Buttered Corn Mixed Salad Mexican Soup Fresh Fruits		Chicken Adobo (V) Vegetable Adobo White Rice Vegetable Pancit Mixed Salad Corn Soup Mango Custard	
EGG DAIRY WHEAT SOY		EGG DAIRY WHEAT PORK SOY		EGG DAIRY WHEAT		EGG DAIRY WHEAT BEEF SOY		EGG DAIRY WHEAT SESAME FISH SOY	
29		30		31					
Beef Mapo Tofu (V) Vegetable Mapo Tofu White Rice Pico de Gallo, Salsa Mixed Salad Pumpkin Soup Matcha Cake		Chicken Karaage (V) Tofu Karaage White Rice Grilled Japanese Vegetables Mixed Salad Miso Soup Mixed Fruit		Herbed Pork Sausages (V) Vegetable Falafel Mashed Potatoes Roasted Carrots Mixed Salad Mediterranean White Bean Soup Peach Cobbler					
EGG DAIRY WHEAT BEEF PORK SESAME SOY		EGG DAIRY WHEAT SESAME FISH SOY		EGG DAIRY WHEAT PORK SOY					

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