

February 2024



CANADIAN ACADEMY

Monday										Tuesday										Wednesday										Thursday										Friday									
																														1										2									
																														BBQ Grilled Chicken (V) Creamy BBQ Grilled Vegetable Pot White Rice Steamed Broccoli Fresh Salad w. Condiments Minestrone Soup Fresh Fruits										Meat Lovers Pizza (V) Margherita Pizza Butter Green Beans Zucchini w. Eggplant in Pesto Sauce Fresh Salad w. Condiments Vegetable Soup Orange Cake									
																														EGG DAIRY WHEAT										EGG DAIRY WHEAT PORK									
5										6										7										8										9									
Herb Roasted Chicken (V) Vegetable Ratatouille Mac & Cheese Grilled Mixed Vegetables 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 Mikan										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										Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Stir Fried Vegetable & Noodles Fresh Salad w. Condiments Aburaage Soup Sliced Pineapple									
EGG DAIRY WHEAT										EGG DAIRY WHEAT BEEF SOY										EGG DAIRY WHEAT FISH SOY										EGG DAIRY WHEAT PORK SESAME SOY										EGG DAIRY WHEAT PORK SESAME SOY									
12										13										14										(ES Half Day) 15										Lunar New Year Day Menu (ES No Class) 16									
Baked Herbed White Fish (V) Crispy Lemon Pepper Tofu Potato Wedges Steamed Broccoli & Cauliflower 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 Vanilla Cake										Grilled Pork Loin (V) Zucchini Meatball w. Tomato Sauce Potato Gratin Grilled Vegetable Fresh Salad w. Condiments Lentil Soup Pineapple										Karaage Chicken (V) Tofu Karaage White Rice Kimpira Gobo Fresh Salad w. Condiments Aburaage Soup Orange Wedges										Sweet & Sour Fish (V) Sweet & Sour Tofu Chinese Style Vegetable Noodles Stir Fry Chinese Cabbages Fresh Salad w. Condiments Sweet Corn & Egg Drop Soup Coconuts & Tapioca Pudding									
EGG DAIRY WHEAT FISH SOY										EGG DAIRY WHEAT										EGG DAIRY WHEAT PORK SOY										WHEAT SESAME FISH SOY										EGG DAIRY WHEAT FISH SOY									
19										20										21										22										23									
No School										No School										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 Brownies										Chicken Adobo (V) Vegetable Adobo Buttered Noodles Brussel Sprouts Fresh Salad w. Condiments Potato Chowder Sliced Pears w. Caramel Sauce									
																				DAIRY WHEAT SOY										EGG DAIRY WHEAT BEEF										EGG DAIRY WHEAT									
26										27										28										29																			
Fried Fish w. Tartar Sauce (V) Vegetable Falafel French Fries Ratatouille Vegetables Fresh Salad w. Condiments Lentil Soup Fruits Cake										Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Croquettes Fresh Salad w. Condiments Miso Soup Mixed Fruit										Beef & Pork Hamburg w. Gravy (V) Vegetable Bean Hamburg w. Veg Demi Creamy Mashed Potatoes Roasted Mixed Vegetables Fresh Salad w. Condiments Sweet Corn & Egg Drop Soup Orange Slices										Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Fresh Salad w. Condiments Zuppa Toscana Chocolate Cake																			
EGG DAIRY WHEAT FISH										EGG DAIRY WHEAT SOY										EGG DAIRY WHEAT PORK BEEF SOY										EGG DAIRY WHEAT																			

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