

# March 2024



# CANADIAN ACADEMY

Monday		Tuesday		Wednesday		Thursday		Friday	
								<b>Hina-matsuri (Snack: CHIRASHISUSHI)</b> 1 Beef Mapo Tofu (V) Veg & Tofu Mapo White Rice Veg Spring Rolls Mix Salad Mushroom Soup Rose Cup Cakes EGG DAIRY WHEAT BEEF SOY	
4		5		6		7		8	
Fish & Chips (V) Creamy Basil Vegetable Pot White Rice Grilled Asparagus Mix Salad Tomato Soup Sliced Pineapple EGG DAIRY WHEAT FISH		Chicken Fajitas (V) Vegetable & White Beans Fajitas White Rice Potato Wedges Mix Salad Wakame Soup Fresh Banana EGG DAIRY WHEAT SESAME SOY		Roast Pork (V) Soy Meat & Vegetables Pot White Rice Gyoza (V) Steamed Broccoli Mix Salad Carrot Soup Mix fruits EGG DAIRY WHEAT PORK SESAME SOY		Chicken Curry (V) Vegetable Curry White Rice Vegetable Croquettes Mix Salad Miso Soup Pana Cotta EGG DAIRY WHEAT SOY		Beef Bolognese (V) Vegetable Pasta Focaccia Bread Grilled Asparagus Mix Salad Tomato Soup Chocolate Cake 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 EGG DAIRY WHEAT FISH		Hoi Sin Pork Belly (V) Hoi Sin Tofu & Veg White Rice Sir-Fry Vegetables Mix Salad Egg Drop Soup Fruit Crumble EGG DAIRY WHEAT PORK SOY		French Chicken Casserole (V) Spiced Vegetable Casserole White Rice Roast Potatoes Mix Salad Vegetable Soup Fresh Fruits EGG DAIRY WHEAT SESAME SOY		Spiced Tuna & Olives Pasta (V) Vegetable Pasta White Rice Garlic Bread Mix Salad Broccoli Soup Pineapple Cake EGG DAIRY WHEAT FISH		Roast Basil Chicken (V) Roast Spring Vegetable White Rice Honey & Cinnamon Carrot Mix Salad Minestrone Soup Mango Custard EGG DAIRY WHEAT BEEF SOY	
18		19		20		21		22	
<b>St. Patrick's Day Special</b> Irish Beef Stew (V) Vegetable Irish Stew White Rice Grilled Vegetable Mix Salad Irish Vegetable Soup Green Apple Jelly (V) Fruits WHEAT PORK BEEF		Chorizo Pizza (V) Vegetable Pizza Pesto Pasta Steamed Broccoli Mix Salad Carrot Soup Mix fruits EGG DAIRY WHEAT PORK SESAME SOY		BBQ Chicken (V) BBQ Tofu & Vegetables White Rice Roast Japanese Vegetable Mix Salad Wakame Soup Matcha Cake EGG DAIRY WHEAT SESAME SOY		Herbed Pork Sausage (V) Creamy Vegetable Gratin White Rice Potato Wedges Mix Salad Caramelized Onion Soup Tiramisu EGG DAIRY WHEAT PORK		Chicken Karaage (V) Spiced Tofu Karaage White Rice Roast Japanese Vegetable Mix Salad Miso Soup Fresh Fruits EGG DAIRY WHEAT SESAME SOY	
25		26		27		28		29	
No School		No School		No School		No School		No School	

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