

# April 2024

# CEZARS™ KITCHEN

# CANADIAN ACADEMY

Monday		Tuesday				Wednesday				Thursday				Friday																											
1		2				3				4				5																											
Teriyaki Pork (V) Teriyaki Tofu w. Daikon White Rice Spring Roll / (V) Vegetarian Spring Roll Mix Salad Wakame Soup Mikan		BBQ Grilled Chicken (V) BBQ Vegetable & Tofu Gratin Mac & Cheese Grilled Corn Mix Salad Roast Tomato Soup Fruit Crumble				Fish & Chips (V) Falafel Balls White Rice Peas & Carrots Mix Salad Spiced Potato Soup Mixed Fruit				Butter Chicken Curry (V) Tofu Butter Curry Naan Bread Cardamom & Ginger Roast Carrots Mix Salad Spiced Carrot Soup Carrot Day Carrot Cake				Beef Lasagna (V) Vegetarian Lasagna Garlic Bread Pesto Broccoli Mix Salad Mushroom Soup Panna Cotta																											
		WHEAT	PORK		SHELLFISH		SOY			EGG	DAIRY	WHEAT			FISH			EGG	DAIRY	WHEAT			BEEF			SOY															
8		9				10				(SS NO CLASSES) 11				(SS NO CLASSES) 12																											
Herb Roast Chicken (V) Creamy Basil Vegetable Gratin White Rice Roast Potato Mix Salad Minestrone Soup Orange Wedge		Stir Fry Pork w. Peppers (V) Vegetable & Tofu Stir Fry Sesame Noodles Steamed Edamame Mix Salad Miso Soup Orange Cake				Yakiniku Chicken (V) Miso Baked Vegetable White Rice Gyoza/ (V) Crispy Tofu Mix Salad Carrot Soup Mix fruits				Pork & Beef Hamburg (V) Tofu Hamburg Mashed Potato Ginger & Orange Carrot Mix Salad Egg Drop Soup Chocolate Cake				Chicken Karaage (V) Tofu Karaage White Rice Sesame Edamame Mix Salad Corn Potage Mikan																											
		DAIRY	WHEAT					EGG	DAIRY	WHEAT	PORK		SESAME	SHELLFISH	SOY			WHEAT	PORK		SESAME	SHELLFISH	SOY			EGG	DAIRY	WHEAT	PORK	BEEF			SOY			WHEAT			SESAME		
15		16				17				18				19																											
Baked Herb Fish (V) Crispy Lemon Pepper Tofu White Rice Potato Wedge Mix Salad Vegetable Minestrone Sliced Pineapple		Basil Roast Chicken (V) Lentil Vegetable Loaf White Rice Garlic Green Beans Mix Salad Egg Drop Soup Berry Custard				Roast Pork Belly (V) Spiced Vegetable Casserole White Rice Roast Potatoes Mix Salad Vegetable Noodle Soup Fresh Fruits				Chicken Fajitas (V) Vegetable Bean & Soy Meat Fajitas Flour Tortilla Roast Cauliflower Mix Salad Mexican Bean Soup Banana				Beef Bolognese Spaghetti (V) Vegetable Soy Meat Bolognese Spaghetti Focaccia Broccoli & Carrot Mix Salad Italian Bean Soup Banana Cake																											
		EGG	DAIRY	WHEAT				FISH	SOY			EGG	DAIRY	WHEAT	PORK			SHELLFISH	SOY			DAIRY	WHEAT				SOY			EGG	DAIRY	WHEAT			BEEF			SOY			
22		23				24				25				Superhero Day (ES NO CLASSES) 26																											
Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Pumpkin Croquette Mix Salad Wakame Soup Mikan		Beef Meatloaf w. Gravy (V) Vegetable Loaf w. Vegetarian Gravy Mashed Potato Broccoli Mix Salad Vegetables Soup Apple Cinnamon Cake				Chicken Adobo (V) Tofu & Vegetable Adobo White Rice Vegetarian Pancit Noodle Mix Salad Mushroom Soup Matcha Cake				Herbed Pork Sausage (V) Creamy Vegetable Gratin White Rice Potato Wedges Mix Salad Caramelized Onion Soup Fresh Fruit				Hulk Favourite Burger (V) Hulk Favourite Veggie Burger Iron Man Loved Fries Wonder Woman's Mushrooms Mix Salad Clear Vegetable Soup Marvel Marble Cake																											
		DAIRY	WHEAT					SOY			EGG	DAIRY	WHEAT			BEEF			SOY			EGG	DAIRY	WHEAT	PORK				EGG	DAIRY	WHEAT			BEEF	SESAME			SOY			
29		30																																							
Beef Stroganoff (V) Tofu Stroganoff Buttered Noodles Brussel Sprouts Mix Salad Corn Soup Fruit Jelly		Teriyaki Chicken (V) Teriyaki Tofu w. Daikon White Rice Sesame Broccoli Mix Salad Miso Soup Lemon Cake																																							
		DAIRY	WHEAT			BEEF			SOY			EGG	DAIRY	WHEAT				SESAME	SOY																						

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