

May 2024

CEZARS™
KITCHEN

CANADIAN ACADEMY

Monday				Tuesday				Wednesday				Thursday				Friday			
								1				2				3			
								Pork Tonkatsu (V) Tofu Katsu Sesame Noodles Broccoli w. Snap peas Fresh Salad w. Condiments Miso Soup Orange wedge				BBQ Chicken Thigh (V) Pesto Roasted Vegetables w. Tofu Creamy Mac & Cheese Carrots & Peas Fresh Salad w. Condiments Aburaage Soup Chocolate Cake				School Holiday			
								EGG DAIRY WHEAT PORK SESAME SOY				EGG DAIRY WHEAT				SOY			
6				7				8				9				10			
School Holiday				Beef Mapo Tofu (V) Vegetarian Mapo Tofu White Rice Broccoli Fresh Salad w. Condiments Egg Drop Soup Lemon Cake				Coconut Chicken Curry (V) Vegetable Curry w. Tofu Pita Bread Smoked Eggplant Fresh Salad w. Condiments Pumpkin Soup Fresh Fruit				Grilled Pork Loin (V) Vegetable Loaf w. Demi White Rice Roasted Potatoes Fresh Salad w. Condiments Chickpea Soup Berry Custard				Chicken Cutlet w. Lemon Butter Sauce (V) Tofu Cutlet Penne Arrabbiata Steamed Broccoli Fresh Salad w. Condiments Minestrone Soup Fresh Fruits			
				EGG DAIRY WHEAT BEEF SOY				EGG DAIRY WHEAT FISH SOY				EGG DAIRY WHEAT PORK SESAME SOY				EGG DAIRY WHEAT SESAME PORK SOY			
13				14				15				16				17			
Baked Pesto Salmon (V) Crispy Tofu w. Pesto White Rice Potato Wedges Fresh Salad w. Condiments Minestrone Soup Fresh Fruit				Chicken Tacos (V) Mixed Bean Tacos Grilled Tortillas Spiced Roasted Cauliflower Fresh Salad w. Condiments Mexicali Soup Vanilla Cake				Hoi Sin Pork Belly (V) Hoi Sin Tofu Sesame Noodles Mixed Vegetables Fresh Salad w. Condiments Wakame Soup Pineapple				Sesame Miso Grilled Chicken (V) Sesame Miso Tofu White Rice Roast Sweet Potato Fresh Salad w. Condiments Aburaage Soup Orange Wedges				Beef Stir Fry (V) Tofu Stir Fry White Rice Pork Spring Rolls (V) Veg Spring Rolls Fresh Salad w. Condiments Cream of Mushroom Soup Chocolate Cake			
				EGG DAIRY WHEAT SOY				EGG DAIRY WHEAT PORK SESAME SOY				WHEAT SESAME SOY				EGG DAIRY WHEAT PORK BEEF SESAME SHELLFISH SOY			
20				21				22				23				24			
Chicken Karage (V) Tofu Karage White Rice Japanese Soy Braised Vegetables Fresh Salad w. Condiments Tomato Soup Orange Wedges				Sweet & Sour Pork (V) Sweet & Sour Grilled Vegetable White Rice Roasted Pumpkin Fresh Salad w. Condiments Corn Soup Fresh Fruit				Japanese Chicken Curry (V) Japanes Tofu Curry White Rice Vegetable Croquette Fresh Salad w. Condiments Miso Soup Matcha Cake				Beef Burgers (V) Vegetarian Tofu Burger White Rice French Fries Fresh Salad w. Condiments Lentil Soup Chocolate Brownies				Coq Au Vin (French Chicken Stew) (V) French Tofu Stew White Rice Brussel Sprouts w. Carrot Fresh Salad w. Condiments Potato Chowder Sliced Pears w. Caramel Sauce			
				WHEAT SESAME SOY				EGG DAIRY WHEAT PORK SESAME PORK SOY				EGG DAIRY WHEAT BEEF SOY				DAIRY WHEAT SOY			
27				28				29				30				31			
Fried Fish w. Tartar Sauce (V) Vegetable Falafel White Rice Potato Wedges Fresh Salad w. Condiments Tomato Soup Mixed Fruits				Chicken Fajitas (V) Vegetetable Bean Fajitas White Rice Roasted Pumpkin Fresh Salad w. Condiments Corn Soup Bananas				Beef Meatloaf w. Demi (V) Vegetable Tofu Loaf w. Veg Demi White Rice Creamy Mashed Potatoes Fresh Salad w. Condiments Carrot Coconut Soup Fruits Cake				Chicken Katsu (V) Tofu Katsu White Rice Grilled Japanese Vegetable Fresh Salad w. Condiments Miso Soup Orange Wedges				Teriyaki Pork (V) Teriyaki Tofu w. Daikon Sesame Noodles Garlic Snap Peas Fresh Salad w. Condiments Egg Drop Soup Apple Jelly			
EGG DAIRY WHEAT FISH SOY				WHEAT				EGG DAIRY WHEAT BEEF SOY				EGG DAIRY WHEAT SOY				EGG WHEAT PORK SESAME SOY			

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