

April 2025																									CEZARS [™] KITCHEN																									CANADIAN ACADEMY																								
Monday										Tuesday										Wednesday										Thursday										Friday																																		
										1										2										3										4																																		
										Meat Pizza (V) Vegetables Pizza Macaroni & Cheese Roast Carrots w. Green Beans Fresh Salad w. Condiments Mushroom Soup Chocolate Cake										Moroccan Chicken Tagine (V) Moroccan Vegetables Tagine White Rice Saffran Roast Vegetables Fresh Salad w. Condiments Tomato Soup Fresh Fruits										French Beef Bourguignons (V) French Vegetables Bourguignon White Rice Potatoes Gratin Fresh Salad w. Condiments Egg Drop Soup Fruits Jelly										Hoi Sin Chicken (V) Hoi Sin Vegetable & Tofu White Rice Japanese Soy & Sesame Vegetables Fresh Salad w. Condiments Wakame Soup Matcha Cake																																		
										EGG	DAIRY	WHEAT			PORK					EGG	DAIRY	WHEAT							EGG	DAIRY	WHEAT	BEEF						EGG	DAIRY	WHEAT				SESAME			SOY																											
7										8										9										10										11																																		
Chicken Shawarma w. Tortilla (V) Vegetarian Shawarma w. Tortilla White Rice Zaatar Vegetables Fresh Salad w. Condiments Pumpkin Soup Sliced Pineapple										Fried Fish Bites (V) Chickpea Bites Potato Wedges Green Bean & Carrots Fresh Salad w. Condiments Sweet Corn Soup Vanilla Cake										BBQ Chicken (V) BBQ Vegetable Gratin White Rice Roast Corn Fresh Salad w. Condiments Cream of Mushroom Soup Fresh Fruit										Beef Lasagna (V) Vegetables Lasagna Herb Focaccia Mixed Vegetables Fresh Salad w. Condiments Broccoli Soup Fruit Crumble										Japanese Chicken Curry (V) Vegetarian Japanese Curry Pumpkin Croquette Green Beans & Snap Peas Fresh Salad w. Condiments Carrot Coconut Soup Matcha Cake																																		
	EGG	DAIRY	WHEAT				SESAME				EGG	DAIRY	WHEAT					FISH	SOY			DAIRY	WHEAT						SOY		EGG	DAIRY	WHEAT	BEEF							EGG	DAIRY	WHEAT					SOY																										
14										15										16										Banana Day 17										18																																		
Chicken Katsu (V) Tofu Katsu Stir Fried Noodles Soy Asparagus Fresh Salad w. Condiments 3 types of Beans Minestrone Fresh Fruits										Sweet & Sour Pork (V) Sweet & Sour Tofu & Vegetables Mashed Potato Roast Carrots Fresh Salad w. Condiments Vegetables Soup Orange Cake										Pesto Chicken (V) Baked Pesto Tofu Pasta Pomodoro Steamed Broccoli Fresh Salad w. Condiments Barley Soup Fresh Fruit										Mexican Beef Tacos (V) Soy Meat & Vegetables Tacos Tortillas Mixed Vegetables Fresh Salad w. Condiments Mix Veg Soup Bananas Cake										Butter Chicken (V) Butter Tofu Curry Naan Bread Roast Vegetables Fresh Salad w. Condiments Lentil Soup Fresh Fruits																																		
	EGG	DAIRY	WHEAT				SESAME		SOY		EGG	DAIRY	WHEAT		PORK				SOY		EGG	DAIRY	WHEAT						SOY		EGG	DAIRY	WHEAT	BEEF					SOY		EGG	DAIRY	WHEAT					SOY																										
Meatless Day 21										22										23										24										Superhero Day 25																																		
(V) Vegetables Ratatouille White Rice Roast Vegetables Fresh Salad w. Condiments Tomato Soup Sliced Pineapple										Pork Stir Fry (V) Tofu Stir Fry (V) Sesame Vegetable Noodles Steamed Vegetable Fresh Salad w. Condiments Egg Drop Soup Custard Filled Pancake										Chicken Karaage (V) Tofu Karaage White Rice Sesame Green Beans Fresh Salad w. Condiments Tofu Soup Orange Wedges										Roast Salmon Filet w. Lemon Butter Gravy (V) Roast Tofu & Vegetables White Rice Green Peas Fresh Salad w. Condiments White Beans Soup Vanilla Cake										Hulk Fav Burger (V) Veg Burger Ironman Potato Freis Wonderwoman Sauteed Mushroom Fresh Salad w. Condiments Mix Peppers Soup Fresh Fruits																																		
	EGG	DAIRY	WHEAT								EGG	DAIRY	WHEAT		PORK	SESAME		SOY		EGG			WHEAT				SESAME		SOY		EGG	DAIRY	WHEAT					FISH	SOY		EGG	DAIRY	WHEAT	BEEF																														
28										29										30																																																						
Thai Chicken Curry (V) Thai Vegetables Curry Spring Rolls Sesame Broccoli Fresh Salad w. Condiments Tom Yum Soup Fresh Fruit										Hayashi Beef (V) Hayashi Tofu & Vegetables White Rice Japanese Root Vegetables Fresh Salad w. Condiments Clear Mushroom Soup Chocolate Brownies										Korean Chicken (V) Korean Tofu White Rice Kimchi Spiced Roast Corn Fresh Salad w. Condiments Cabbage & Carrots Soup Fresh Fruit																																																						
		DAIRY	WHEAT				SESAME	Seafood	SOY		EGG	DAIRY	WHEAT	BEEF					SOY		EGG	DAIRY	WHEAT					Seafood	SOY																																													