

June 2025



CANADIAN ACADEMY

Monday								Tuesday								Wednesday								Thursday								Friday									
2								3								4								5								6									
Chicken Karaage (V) Tofu Karaage White Rice Sesame Green Beans Fresh Salad w. Condiments Clear Mushroom Soup Watermelon								Creamy Capers & Salmon Pasta (V) Creamy Grilled Vegetables Pasta Garlic Bread Grilled Asparagus w. Basil Sauce Fresh Salad w. Condiments Tomato Soup Chocolate Brownies								HOI SIN Chicken (V) HOI SIN Vegetable Gratin White Rice Soy & Ginger Bok Choy & Cabbage Fresh Salad w. Condiments Egg Drop & Sweet Corn Soup Bananas								Japanese Stir Fry Beef (V) Stir Fry Japanese Vegetables White Rice Roasted Vegetables Fresh Salad w. Condiments Miso Soup Fruit Custard								Roast Chicken Legs w. Saffron Sauce (V) Creamy Saffron Roasted Tofu & Vegetables Couscous Honney & Cinnamon Carrots Fresh Salad w. Condiments Onion Soup Peach Cobbler									
	WHEAT			SESAME			SOY	EGG	WHEAT	DAIRY			FISH			EGG		WHEAT				SESAME	SOY	EGG	DAIRY	WHEAT	BEEF					SOY	EGG	DAIRY	WHEAT						SOY
9								10								11								12								13									
Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Broccoli & Green Bean Fresh Salad w. Condiments Potato Soup Fresh Fruits								Penne w. Beef Bolognese (V) Penne w. Vegetarian Bolognese Fresh Focaccia Pesto Broccoli Fresh Salad w. Condiments Minestrone Soup Watermelon								School Last Day No lunch								No School								No School									
EGG	WHEAT	DAIRY					SOY	EGG	DAIRY	WHEAT	BEEF					SOY																									
16								17								18								19								20									
No School								No School								No School								No School								No School									
23								24								25								26								27									
No School								No School								No School								No School								No School									
30																																									
No School																																									