

May 2025



CANADIAN ACADEMY

Monday								Tuesday								Wednesday								Thursday								Friday										
																								1								2										
																								Hungarian Beef Ghoulash (V) Vegetarian Ghoulash Mashed Potato Roasted Vegetables Fresh Salad w. Condiments Fruit Custard								Pesto Baked Cod (V) Pesto Baked Tofu Penne Pomodoro Roast Broccoli Fresh Salad w. Condiments Orange Cake										
																		EGG	DAIRY	WHEAT	BEEF									EGG	DAIRY	WHEAT							FISH	SOY		
5								6								7								8								9										
No School (Golden Week)								No School (Golden Week)								Jamaican Jerk Chicken (V) Jamaican Jerk Vegetables Spiced Potato Wedges Mixed Vegetable Fresh Salad w. Condiments Fresh Fruit								Bulgogi Beef (V) Vegetarian Bulgogi White Rice Bibimbap Vegetables Fresh Salad w. Condiments Matcha Cake								BBQ Chicken (V) BBQ Vegetable Gratin Macaroni & Cheese Pesto Broccoli Fresh Salad w. Condiments Peach Cobbler										
																		EGG	DAIRY	WHEAT	BEEF			SESAME					EGG	DAIRY	WHEAT								SOY			
12								13								14								15								16										
Indian Coconut Chicken Curry (V) Lentil Curry Naan Bread Roast Spiced Vegetables Fresh Salad w. Condiments Curried Carrot Soup Fresh Fruit								American BBQ Pork Ribs (V) Vegetable Gratin Corn Bread Roast Vegetables Fresh Salad w. Condiments Minestrone Soup Chocolate Brownies								Chicken Karaage (V) Tofu Karaage White Rice Sesame Green Beans Fresh Salad w. Condiments Creamed Corn Soup Fresh Fruit								Mexican Beef & Bean Chili (V) Vegetarian Beef & Bean Chili Nacho Chips Spiced Roast Corn Fresh Salad w. Condiments Tortilla Soup Banana								Black Bean Chicken (V) Black Bean Tofu White Rice Soy Sesame Broccoli Fresh Salad w. Condiments Egg Drop Soup Steamed Cake										
		DAIRY	WHEAT						SOY		EGG	DAIRY	WHEAT		PORK					WHEAT		SESAME							SOY		DAIRY	WHEAT	BEEF						SESAME			SOY
19								20								21								22								23										
Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Broccoli & Green Bean Fresh Salad w. Condiments Potato Soup Fresh Fruits								Chinese Five Spice Pork (V) Chinese Five Spice Tofu White Rice Sautéed Cabbage w. Mushrooms Fresh Salad w. Condiments Roast Tomato Soup Matcha Cake								Moroccan Chicken Tagine (V) Moroccan Vegetable Tagine Pita Bread Spiced Vegetables Fresh Salad w. Condiments Cream of Mushroom Soup Fresh Pineapple								Fried Fish Bites (V) Chickpea Bites White Rice Peas & Carrots Fresh Salad w. Condiments Three Bean Soup Lemon Cake								Penne w. Beef Bolognese (V) Penne w. Vegetarian Bolognese Fresh Focaccia Pesto Broccoli Fresh Salad w. Condiments Minestrone Soup Berry Panna Cotta										
	EGG	DAIRY	WHEAT						SOY		EGG	DAIRY	WHEAT		PORK		SHELLFISH	SOY			DAIRY	WHEAT							SOY		EGG	DAIRY	WHEAT	BEEF							SOY	
26								27								28								29								30										
Chicken Katsu (V) Vegetarian Katsu White Rice Japanese Soy Braised Vegetables Fresh Salad w. Condiments Miso Soup Fresh Fruits								Honey Mustard Pork Loin (V) Vegetable Casserole White Rice Roast Potatoes Fresh Salad w. Condiments Roast Tomato Soup Vanilla Cake								Chicken Cacciatore (V) Vegetable Cacciatore Garlic Bread Roast Vegetables Fresh Salad w. Condiments Barley Soup Apple Cinnamon Cake								Beef & Broccoli (V) Tofu & Broccoli White Rice Sesame Broccoli Fresh Salad w. Condiments Carrot Coconut Soup Fruit Jelly								Mediterranean Chicken (V) Grilled Mediterranean Vegetables Pita Bread Lemon & Herb Roast Potatoes Fresh Salad w. Condiments Lentil Soup Fresh Fruit										
	EGG	DAIRY	WHEAT						SOY		EGG	DAIRY	WHEAT		PORK					EGG	DAIRY	WHEAT										DAIRY	WHEAT									

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