September 2025

CEZARS™ KITCHEN

CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
1	**2**	**3**	**4**	**5**
Mexican Chicken Tacos (V) Vegetarian Soy Meat Tacos Tortillas Steamed Peas & Roasted Carrots Fresh Salad w. Condiments Pumpkin Soup Fresh Fruit	Pork Stir Fry (V) Vegetable Stir Fry White Rice Sesame Broccoli Fresh Salad w. Condiments Corn Pottage Soup Coconut Cake	Hungarian Chicken Goulash (V) Hungarian Vegetable Goulash Baguettes Roast Pumpkin Fresh Salad w. Condiments Carrot Soup Mixed Berry Custard	Fish & Chips (V) Vegetable Tempura Penne w. Pomodoro Mixed Vegetable Fresh Salad w. Condiments Minestrone Soup Fresh Fruits	Mediterranean Chicken (V) Mix Vegetable Stew White Rice Roast Potatoes Fresh Salad w. Condiments Sweet Corn Soup Mixed Fruit
EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT PORK SESAME	EGG DAIRY WHEAT	EGG DAIRY WHEAT FISH	DAIRY WHEAT
8	**9**	**10**	**11**	**12**
Chicken Karaage (V) Tofu Karaage White Rice Steamed Peas & Roasted Carrots Fresh Salad w. Condiments Wakame Soup Fresh Fruits	Roast Pork Loin (V) Lentil Loaf Mashed Potato Roast Cauliflower & Broccoli Fresh Salad w. Condiments Tomato Soup Matcha Cake	Grilled Chicken Breast (V) Grilled Vegetable & Barley White Rice Steamed Green Beans & Snap Peas Fresh Salad w. Condiments Tomato & Coconut Soup Fresh Fruits	Spaghetti w. Beef Bolognese (V) Spaghetti w. Vegetarian Bolognese Garlic Bread Steamed Broccoli Fresh Salad w. Condiments Clear Corn Soup Fruit Jelly (V)	Tandoori Chicken (V) Tandoori Tofu & Vegetables White Rice Indian Mix Beans Fresh Salad w. Condiments Vegetables Soup Apple Wedges
EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT PORK	EGG DAIRY WHEAT	DAIRY WHEAT BEEF	WHEAT SOY
15	**16**	**17**	**18**	**19**
Japanese Chicken Curry (V) Japanese Vegetable Curry Pumpkin Croquette Steamed Broccoli & Snap Peas Fresh Salad w. Condiments Wakame Soup Banana	Roast Pork Belly (V) Vegetable Loaf White Rice Lemon Pepper Asparagus Fresh Salad w. Condiments Cream of Mushroom Soup Chocolate Brownie	Ginger & Sesame Chicken (V) Ginger & Sesame Tofu Karaage White Rice Sesame Green Beans Fresh Salad w. Condiments Miso Soup Orange Wedges	Irish Beef Stew (V) Irish Vegetable Stew Herb Focaccia Steamed Broccoli Fresh Salad w. Condiments Minestrone Soup Mix Berries Yogurt	Basil Chicken (V) Basil Creamy Tofu White Rice Grilled Asparagus Fresh Salad w. Condiments Sweet Corn Soup Maple Syrup Cake
DAIRY WHEAT SOY	EGG DAIRY WHEAT PORK	SESAME SOY	EGG DAIRY WHEAT BEEF SOY	EGG DAIRY WHEAT SOY
22	**23**	**24**	**25**	**26**
Sweet & Sour Chicken (V) Sweet & Sour Tofu & Vegetables White Rice Asian Vegetables Sauté Fresh Salad w. Condiments Tom Yum Soup Banana Cake	Japanese Hayashi Beef (V) Hayashi Soy Meat White Rice Japanese Root Vegetables Fresh Salad w. Condiments Miso Soup Fresh Fruits	Chicken Penne (V) Vegetables & Tofu Penne Baguettes Steamed Mix Vegetables Fresh Salad w. Condiments White Beans Soup Vanilla Cake	Sweet & Sour Ponzo Salmon (V) Sweet & Sour Ponzo Veg & Tofu French Fries Roasted Vegetable Fresh Salad w. Condiments Mushroom Soup Fresh Fruits	Korean Chicken (V) Korean Tofu White Rice Kimchi Vegetables Fresh Salad w. Condiments Korean Veg Soup Fruits
EGG DAIRY WHEAT SESAME FISH SOY	EGG DAIRY WHEAT BEEF SOY	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT SESAME SOY
29	**30**			
Chicken Loaf (V) Vegetable Loaf White Rice Roasted Carrot & Steamed Broccoli Fresh Salad w. Condiments Lentil Soup Fruits	Beef Lasagna (V) Soy Meat Lasagna Herbed Focaccia Roast Vegetables Fresh Salad w. Condiments Vegetable Gazpacho Fresh Fruits			
EGG DAIRY WHEAT	EGG DAIRY WHEAT BEEF SOY			

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