

October 2025



CANADIAN ACADEMY

| Monday                                                                                                                                                    |       |       |  |  |  |  |  | Tuesday                                                                                                                                                                    |         |     |       |       |       |  |      | Wednesday                                                                                                                                                         |        |       |       |     |       |       |       | Thursday                                                                                                                                                                              |  |     |         |       |       |       |       | Friday                                                                                                                                                |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|--|--|--|--|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----|-------|-------|-------|--|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------|-------|-----|-------|-------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----|---------|-------|-------|-------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|-----|-----|-------|-------|-------|-------|-------|-------|------|-----|---------|-----|--|--|
|                                                                                                                                                           |       |       |  |  |  |  |  |                                                                                                                                                                            |         |     |       |       |       |  |      | 1                                                                                                                                                                 |        |       |       |     |       |       |       | 2                                                                                                                                                                                     |  |     |         |       |       |       |       | 3                                                                                                                                                     |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
|                                                                                                                                                           |       |       |  |  |  |  |  |                                                                                                                                                                            |         |     |       |       |       |  |      | Teriyaki Chicken<br>(V) Creamy Teriyaki Tofu & Vegetables<br>White Rice<br>Miso Roasted Vegetables<br>Fresh Salad w. Condiments<br>Sweet Corn Soup<br>Fresh Fruit |        |       |       |     |       |       |       | Penne w. Beef Bolognese<br>(V) Penne w. Vegetarian Bolognese<br>Fresh Focaccia<br>Pesto Broccoli<br>Fresh Salad w. Condiments<br>Minestrone Soup<br>Apple Jelly (No pork or Gelatine) |  |     |         |       |       |       |       | Chicken Karaage<br>(V) Tofu Karaage<br>White Rice<br>Sesame Bok Choy & Cabbage<br>Fresh Salad w. Condiments<br>Japanese Mushroom Soup<br>Fresh Fruits |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
|                                                                                                                                                           |       |       |  |  |  |  |  |                                                                                                                                                                            |         |     |       |       |       |  |      |                                                                                                                                                                   |        | DAIRY | WHEAT |     |       |       |       |                                                                                                                                                                                       |  | SOY | EGG     | DAIRY | WHEAT | BEEF  |       |                                                                                                                                                       |       |         |     |     | EGG   | DAIRY | WHEAT |       |       |       |      |     |         | SOY |  |  |
| 6                                                                                                                                                         |       |       |  |  |  |  |  | 7                                                                                                                                                                          |         |     |       |       |       |  |      | 8                                                                                                                                                                 |        |       |       |     |       |       |       | 9                                                                                                                                                                                     |  |     |         |       |       |       |       | 10                                                                                                                                                    |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
| Butter Chicken Curry<br>(V) Thai Vegetable Curry<br>White Rice<br>Sesame Chilli Bok Choy<br>Fresh Salad w. Condiments<br>White Beans Soup<br>Fresh Fruits |       |       |  |  |  |  |  | Roast Pork Sholder<br>(V) Roast Vegetable Ratatouille<br>Creamy Mushed Potatoes<br>Caramelized Roast Carrots<br>Fresh Salad w. Condiments<br>Vegetable Soup<br>Matcha Cake |         |     |       |       |       |  |      | Jamaican Jerk Chicken<br>(V) Jamaican Jerk Vegetables<br>White Rice<br>Mixed Vegetable<br>Fresh Salad w. Condiments<br>Sweet Corn Soup<br>Fresh Fruit             |        |       |       |     |       |       |       | Kimchi Minced Beef<br>(V) Korean Spiced Tofu & Vegetables<br>Fresh Focaccia<br>Mix Vegetables<br>Fresh Salad w. Condiments<br>Korean Vegetable Soup<br>Fresh Fruits                   |  |     |         |       |       |       |       | Pesto Baked Salmon<br>(V) Pesto Baked Tofu<br>Penne Pomodoro<br>Roast Broccoli<br>Fresh Salad w. Condiments<br>Carrot Soup<br>Fresh Fruits            |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
|                                                                                                                                                           |       | DAIRY |  |  |  |  |  | SESAME                                                                                                                                                                     | SEAFOOD | SOY | EGG   | DAIRY | WHEAT |  |      | PORK                                                                                                                                                              | SESAME |       |       | SOY |       |       |       |                                                                                                                                                                                       |  |     |         |       |       | BEEF  |       |                                                                                                                                                       |       | SEAFOOD | SOY | EGG | DAIRY | WHEAT |       |       |       |       | FISH | SOY |         |     |  |  |
| 13                                                                                                                                                        |       |       |  |  |  |  |  | 14                                                                                                                                                                         |         |     |       |       |       |  |      | 15                                                                                                                                                                |        |       |       |     |       |       |       | 16                                                                                                                                                                                    |  |     |         |       |       |       |       | Diwali 17                                                                                                                                             |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
| Half Day                                                                                                                                                  |       |       |  |  |  |  |  | Tuna & Olives Pasta<br>(V) Vegetables Pasta<br>Grilled Naan Bread<br>Pesto Broccoli<br>Fresh Salad w. Condiments<br>White Beans Soup<br>Apple Cinnamon Cake                |         |     |       |       |       |  |      | Hoi Sin Chicken<br>(V) Hoisin Soy & Vegetables<br>White Rice<br>Green Beans<br>Fresh Salad w. Condiments<br>Tomato Soup<br>Fresh Fruits                           |        |       |       |     |       |       |       | Beef Mapu Tofu<br>(V) Vegetarian Soy Meat Mapu Tofu<br>White Rice<br>Steamed Okra<br>Fresh Salad w. Condiments<br>Wakame Soup<br>Vanilla Cake                                         |  |     |         |       |       |       |       | Tandoori Chicken<br>(V) Tandoori Vegetables<br>Naan Bread<br>Roasted Vegetables<br>Fresh Salad w. Condiments<br>Lentil Soup<br>Fresh Fruits           |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
|                                                                                                                                                           |       |       |  |  |  |  |  |                                                                                                                                                                            |         |     | EGG   | DAIRY | WHEAT |  |      |                                                                                                                                                                   |        |       | FISH  |     | EGG   | WHEAT | DAIRY |                                                                                                                                                                                       |  |     | SESAME  |       |       | SOY   | EGG   | DAIRY                                                                                                                                                 | WHEAT | BEEF    |     |     |       |       | SOY   | EGG   | DAIRY | WHEAT |      |     |         |     |  |  |
| 20                                                                                                                                                        |       |       |  |  |  |  |  | 21                                                                                                                                                                         |         |     |       |       |       |  |      | 22                                                                                                                                                                |        |       |       |     |       |       |       | 23                                                                                                                                                                                    |  |     |         |       |       |       |       | 24                                                                                                                                                    |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
| Chicken Tacos Bar<br>(V) Vegetable Tacos Bar<br>White Rice<br>Broccoli & Green Bean<br>Fresh Salad w. Condiments<br>Potato Soup<br>Fresh Fruits           |       |       |  |  |  |  |  | Pork Katsu<br>(V) Japanese Vegetable Stew<br>White Rice<br>Sautéed Cabbage w. Mushrooms<br>Fresh Salad w. Condiments<br>Roast Tomato Soup<br>Banana Cake                   |         |     |       |       |       |  |      | Chicken Green Thai Curry<br>(V) Vegetables Thai Curry<br>Naan Bread<br>Spiced Vegetables<br>Fresh Salad w. Condiments<br>Broccoli Soup<br>Fresh Pineapple         |        |       |       |     |       |       |       | Beef Lasagna<br>(V) Soy Meat Lasagna<br>Fresh Focaccia<br>Mix Vegetables<br>Fresh Salad w. Condiments<br>Tomato Soup<br>Fresh Fruits                                                  |  |     |         |       |       |       |       | Sweet & Sour Chicken<br>(V) Sweet & Sour Vegetables<br>White Rice<br>Spiced Vegetables<br>Fresh Salad w. Condiments<br>Carrot Soup<br>Fresh Pineapple |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
| EGG                                                                                                                                                       | WHEAT | DAIRY |  |  |  |  |  |                                                                                                                                                                            | SOY     | EGG | WHEAT | DAIRY |       |  | PORK | SESAME                                                                                                                                                            |        |       | SOY   | EGG | DAIRY | WHEAT |       |                                                                                                                                                                                       |  |     | SEAFOOD | SOY   |       | DAIRY | WHEAT | BEEF                                                                                                                                                  |       |         |     |     | SOY   | EGG   | DAIRY | WHEAT |       |       |      |     | SEAFOOD | SOY |  |  |
| 27                                                                                                                                                        |       |       |  |  |  |  |  | 28                                                                                                                                                                         |         |     |       |       |       |  |      | 29                                                                                                                                                                |        |       |       |     |       |       |       | 30                                                                                                                                                                                    |  |     |         |       |       |       |       | 31                                                                                                                                                    |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
| Fall Break                                                                                                                                                |       |       |  |  |  |  |  | Fall Break                                                                                                                                                                 |         |     |       |       |       |  |      | Fall Break                                                                                                                                                        |        |       |       |     |       |       |       | Fall Break                                                                                                                                                                            |  |     |         |       |       |       |       | Fall Break                                                                                                                                            |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |
|                                                                                                                                                           |       |       |  |  |  |  |  |                                                                                                                                                                            |         |     |       |       |       |  |      |                                                                                                                                                                   |        |       |       |     |       |       |       |                                                                                                                                                                                       |  |     |         |       |       |       |       |                                                                                                                                                       |       |         |     |     |       |       |       |       |       |       |      |     |         |     |  |  |

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