November 2025

CEZARS™ KITCHEN

CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
3	**4**	**5**	**SS 3 - Way Conferences (SS Students no school) 6**	**SS 3 - Way Conferences (SS Students no school) 7**
Chicken Penne (V) Vegetarian Soy Meat Penne Baguette Green Bean & Carrots Fresh Salad w. Condiments Pumpkin Soup Fresh Fruit	Pork Stir Fry w. Oyster Sauce (V) Vegetable Stir Fry White Rice Sesame Snap Peas Fresh Salad w. Condiments Miso Soup Apple Jelly (No Gelatine)	Coconut Chicken Curry (V) Coconut Vegetable Curry Naan Bread Roast Pumpkin Fresh Salad w. Condiments Carrot Soup Mixed Berry Custard	Fried Fish (V) Chickpea Fingers Potato Wedges Mixed Vegetable Fresh Salad w. Condiments Minestrone Soup Banana	Mediterranean Chicken (V) Mix Vegetable Stew White Rice Roast Vegetables Fresh Salad w. Condiments Broccoli Soup Mixed Fruit
EGG WHEAT SOY	WHEAT PORK SESAME SHELLFISH SOY	EGG DAIRY WHEAT	EGG DAIRY WHEAT FISH	DAIRY WHEAT
10	**11**	**12**	**13**	**14**
Japanese Chicken Curry (V) Japanese Tofu Curry Pumpkin Croquette Sesame Greens Fresh Salad w. Condiments Miso Soup Fresh Fruits	Roast Pork Loin (V) Vegetable Loaf Mashed Potato Roast Carrots & Broccoli Fresh Salad w. Condiments Cream of Tomato Soup Vanilla Cake	Grilled BBQ Chicken Breast (V) Grilled BBQ Vegetables & Barley White Rice Carrots & Snap Peas Fresh Salad w. Condiments Three Bean Soup Fresh Fruits	Ponzu Glazed Cod (V) Ponzu Glazed Tofu Pork Spring Roll / (V) Vegetarian Spring Roll Steamed Broccoli Fresh Salad w. Condiments Wakame Soup Matcha Cake	Tandoori Chicken (V) Tandoori Vegetables White Rice Chickpea Curry Fresh Salad w. Condiments Carrot Coconut Soup Apple Wedges
DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT PORK		DAIRY WHEAT PORK SHELLFISH SESAME FISH SOY	DAIRY WHEAT SOY
17	**18**	**19**	**20**	**21**
Japanese Chicken Taco Rice (V) Soy Meat Taco Rice White Rice Broccoli & Snap Peas Fresh Salad w. Condiments Mexican Bean Soup Banana	Beef & Broccoli (V) Tofu & Broccoli White Rice Sesame Green Beans Fresh Salad w. Condiments Egg Drop Soup Chocolate Brownie	Butter Chicken Curry (V) Vegetarian Butter Curry White Rice Roast Vegetables Fresh Salad w. Condiments Spiced Tomato Soup Fruit	Yogurt & Harissa Grilled Pork (V) Yogurt & Harissa Vegetables White Rice Grilled Asparagus Fresh Salad w. Condiments Cream of Mushroom Soup Mix Berries Yogurt	Basil Chicken (V) Basil Creamy Tofu Penne Pomodoro Roast Vegetables Fresh Salad w. Condiments Sweet Corn Soup Cinnamon Apple Cake
SOY	EGG DAIRY WHEAT BEEF SESAME SOY	DAIRY	EGG DAIRY WHEAT PORK	EGG DAIRY WHEAT SOY
24	**25**	**26**	**27**	**28**
School Holiday	Malaysian Chicken Curry (V) Malaysian Vegetable Curry Flat Bread Mixed Vegetable Fresh Salad w. Condiments Carrot Coconut Soup Fresh Fruits	Hayashi Beef (V) Hayashi w. Soy Meat White Rice Roast Vegetables Fresh Salad w. Condiments Wakame Soup Spiced Carrot Cake	Thanksgiving Roast Chicken w. Gravy (V) Lentil Loaf w. Vegetarian Gravy Savoury Stuffing Brussel Sprout & Carrots Fresh Salad w. Condiments Hearty Vegetable Soup Apple Pie Bars 	Ponzu Glazed Cod (V) Ponzu Glazed Tofu White Rice Steamed Asian Greens Fresh Salad w. Condiments Egg Drop Soup Fruits
	DAIRY WHEAT SOY	EGG DAIRY WHEAT BEEF SOY	EGG DAIRY WHEAT	EGG WHEAT FISH SOY

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