

December 2025

CEZARSTM
KITCHEN

CANADIAN ACADEMY

Monday										Tuesday										Wednesday										Thursday										Friday									
1										2										3										4										5									
Indian Chicken Coconut Curry (V) Indian Lentil Coconut Curry Naan Bread Spiced Vegetables Fresh Salad w. Condiments Carrot Coconut Soup Fresh Fruits										Hoi Sin Pork Belly (V) Hoi Sin Tofu White Rice Pork Spring Roll / (V) Vegetable Spring Roll Fresh Salad w. Condiments Egg Drop Soup Tapioca Pudding										Beef Lasagna (V) Vegetarian Lasagna Herb Focaccia Broccoli & Carrots Fresh Salad w. Condiments Minestrone Soup Berry Custard										Braised Chicken w. Chick Peas (V) Falafel Pita Bread Spiced Roasted Vegetables Fresh Salad w. Condiments Three Bean Soup Apple Jelly (No Pork or Gelatine)										Fried Fish w. Tartar Sauce (V) Crispy Fried Tofu French Fries Mixed Vegetables Fresh Salad w. Condiments Roast Tomato Soup Fresh Fruits									
	DAIRY	WHEAT						SOY		EGG	DAIRY	WHEAT		PORK		SHELLFISH	SOY		EGG	DAIRY	WHEAT	BEEF					SOY		DAIRY	WHEAT					SOY		EGG		WHEAT					FISH	SOY				
8										9										10										11										Holiday Special 12									
Butter Chicken Curry (V) Butter Vegetable Curry White Rice Spiced Sauteed Spinach Fresh Salad w. Condiments Lentil Soup Fresh Fruits										Beef Stroganoff (V) Vegetarian Stroganoff Creamy Mashed Potatoes Roast Carrots Fresh Salad w. Condiments Vegetable Soup Chocolate Brownie										Jamaican Jerk Chicken (V) Jamaican Jerk Vegetables White Rice Mixed Vegetable Fresh Salad w. Condiments Sweet Corn Soup Fresh Fruit										Honey Mustard Pork Shoulder (V) Honey Mustard Roast Vegetables White Rice Vegetable Gratin Fresh Salad w. Condiments Vegetable Barley Soup Lemon Cake										Christmas Roast Chicken w. Gravy & Cranberry Sauce (V) Vegetarian Loaf w Gravy & Cranberry Sauce Savory Stuffing Roast Vegetables Fresh Salad w. Condiments Potato Leek Soup Apple Pie Bar									
	DAIRY							SOY		EGG	DAIRY	WHEAT	BEEF				SOY									SOY		EGG	DAIRY	WHEAT		PORK			SOY		EGG	DAIRY	WHEAT						SOY				
15										16										17										18										(Half Day) 19									
Chicken Katsu (V) Vegetarian Katsu White Rice Japanese Soy Braised Vegetables Fresh Salad w. Condiments Miso Soup Fresh Fruits										Herb & Paprika Baked Cod (V) Herb & Paprika Baked Tofu Penne Arrabbiata Pesto Broccoli Fresh Salad w. Condiments Minestrone Soup Fruit Jelly (No Gelatine)										Japanese Chicken Curry (V) Japanese Vegetable Curry Pumpkin Croquette Sesame Green Beans Fresh Salad w. Condiments Wakame Soup Fresh Fruits										Beef Burger (V) Veggie Burger French Fries Mixed Vegetables Fresh Salad w. Condiments Wakame Soup Cinnamon Pear Cake										No Lunch									
EGG	DAIRY	WHEAT						SOY			DAIRY					FISH	SOY			DAIRY	WHEAT			SESAME		SOY		EGG	DAIRY	WHEAT	BEEF				SOY														
22										23										24										25										26									
No School										No School										No School										No School										No School									
29										30										31																													
No School										No School										No School																													

Cezars Kitchen menu does not contain nuts

Menu may change depending on ingredient availability