

January 2026										CEZARS TM KITCHEN										CANADIAN ACADEMY																													
Monday										Tuesday										Wednesday										Thursday										Friday									
																														1										2									
																														No School										No School									
5										6										7										8										9									
No School										No School										No School										No School										No School									
12										13										14										15										16									
No School										Japanese Chicken Curry (V) Japanese Vegetarian Curry White Rice Sesame Green Beans & Pumpkin Croquettes Fresh Salad w. Condiments Egg Drop Soup Fresh Fruits										Grilled Pork Sausage w. Gravy (V) Lentil Loaf w. Gravy Mashed Potato Roast Vegetables Fresh Salad w. Condiments Cream of Mushroom Soup Peach Pie Bar										Chicken Katsu (V) Tofu Katsu White Rice Mixed Vegetables Fresh Salad w. Condiments Roast Tomato Soup Orange Cake										Steamed Chinese Five Spiced Cod (V) Chinese Five Spiced Vegetables White Rice Sesame Greens & Pork Shorompo (V) Veg Spring Rolls Fresh Salad w. Condiments Egg Drop Soup Coconut Rice Pudding									
										EGG	DAIRY	WHEAT			SESAME				SOY	EGG	DAIRY	WHEAT			PORK							SOY	EGG	DAIRY	WHEAT			PORK	SESAME	FISH		SOY							
19										20										21										22										World Pie day 23									
Thai Chicken Curry (V) Thai Vegetable & Tofu Curry White Rice Mixed Vegetables Fresh Salad w. Condiments Vegetarian Tom Yum Soup Fresh Fruit										Hayashi Beef (V) Hayashi w. Soy Meat White Rice Roast Vegetables Fresh Salad w. Condiments Wakame Soup Spiced Carrot Cake										Chicken Penne (V) Vegetarian Penne Herb Focaccia Broccoli & Carrots Fresh Salad w. Condiments Vegetable Barley Soup Fresh Fruit										Pork & White Bean Stew (V) Vegetable White Bean Stew Garlic Bread Roast Vegetable Fresh Salad w. Condiments Potato Leek Soup Fruit Jelly (No Gelatine)										Chicken Pot Pie (V) Tofu Vegetable Pie Penne Pomodoro Roast Broccoli Fresh Salad w. Condiments Pumpkin Soup Apple Pie									
	DAIRY						SHELLFISH		SOY	EGG	DAIRY	WHEAT	BEEF						SOY			WHEAT								DAIRY	WHEAT		PORK					EGG	DAIRY	WHEAT					SOY				
26										27										28										29										30									
Ponzu Glazed Cod (V) Ponzu Glazed Tofu White Rice Steamed Asian Greens Fresh Salad w. Condiments Egg Drop Soup Matcha Cake										Beef Burger (V) Vegetable Burger French Fries Mixed Vegetable Fresh Salad w. Condiments White Bean Soup Vanilla Cake										Indian Chicken Curry w. Chickpeas (V) Indian Tofu Curry w. Chickpeas Naan Bread Roast Vegetables Fresh Salad w. Condiments Carrot Coconut Soup Orange Wedge										BBQ Pork Belly (V) BBQ Vegetable Gratin Mashed Potato Grilled Asparagus Fresh Salad w. Condiments Broccoli Soup Mixed Berry Custard										Chicken Karaage (V) Tofu Karaage White Rice Sesame Broccoli & Green Beans Fresh Salad w. Condiments Miso Soup Fruit									
EGG	DAIRY	WHEAT					FISH	SOY		EGG	DAIRY	WHEAT	BEEF						SOY		DAIRY	WHEAT						SOY	EGG	DAIRY	WHEAT		PORK							WHEAT			SESAME		SOY				

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