


February 2026



CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Penne Cacciatore (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 & Breaded Chicken Curry (V) Coconut & Breaded Vegetable Curry White Rice Roast Pumpkin Fresh Salad w. Condiments Carrot Soup Mixed Berry Custard	Italian Roast Fish w. Capers Sauce (V) Tofu Stew in Capers Sauce White Rice 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 SOY	EGG DAIRY WHEAT FISH	DAIRY WHEAT
9	10	11	12	13
Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Sesame Greens & Pumpkin Croquettes Fresh Salad w. Condiments Miso Soup Fresh Fruits	Beeg Bolognese Pasta (V) Soy Meat Pasta Garlic Focaccia 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	Miso Glazed Cod (V) Miso Glazed Tofu White Rice Grilled Asparagus Fresh Salad w. Condiments Wakame Soup Matcha Cake	Tandoori Chicken (V) Tandoori Vegetables White Rice Mix Roast Vegetable Fresh Salad w. Condiments Carrot Soup Apple Wedges
DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT BEEF		EGG DAIRY WHEAT SESAME FISH SOY	DAIRY WHEAT SOY
16	17	Chinese New Year 18		19
School Holiday	School Holiday	Chinese Hoi Sin Chicken (V) Hoi Sin Veg Spring Roll Changshou Mian Noodles Roast Vegetables Fresh Salad w. Condiments Egg Drop Soup Tapioca Pudding	 Yogurt & Harissa Grilled Pork (V) Yogurt & Harissa Vegetables White Rice Grilled Asparagus Fresh Salad w. Condiments Cream of Mushroom Soup Mix Berry Yogurt	Chicken Karaage (V) Tofu Karaage White Rice Roast Vegetables Fresh Salad w. Condiments Sweet Corn Soup Cinnamon Apple Cake
		EGG DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT PORK	EGG DAIRY WHEAT SOY
23	24	25	26	27
Miso Pork Katsu (V) Miso Vegetable Croquette White Rice Soy Braised Vegetables Fresh Salad w. Condiments Wakame Miso Soup Banana Cake	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	Spiced Chicken Pizza (V) Spiced Grilled Vegetable Pizza White Rice Grilled Asparagus Fresh Salad w. Condiments Hearty Vegetable Soup Fruits	Ponzu Glazed Cod (V) Ponzu Glazed Tofu White Rice Steamed Asian Greens Fresh Salad w. Condiments Egg Drop Soup Fruits Crumble
EGG DAIRY WHEAT PORK SOY	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