

March 2026

# CEZARS™

KITCHEN

CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>Hina Matsuri 3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Chicken Soboro Don (V) Vegetarian Soboro Don White Rice Soy Braised Vegetables Fresh Salad w. Condiments Miso Soup Fresh Fruits	Teriyaki Salmon (V) Teriyaki Tofu White Rice Ginger Garlic Green Beans Fresh Salad w. Condiments Corn Pottage Hina Matsuri Cake 	Beef Lasagna (V) Vegetarian Lasagna Herb Focaccia Broccoli & Carrots Fresh Salad w. Condiments Minestrone Soup Berry Custard	Kimchi Chicken (V) Spicy Soy Sesame Tofu White Rice Sesame Broccoli Fresh Salad w. Condiments Wakame Soup Apple Jelly (No Pork or Gelatine)	Mediterranean Chicken (V) Mix Vegetable Stew White Rice Roast Vegetables Fresh Salad w. Condiments Broccoli Soup Mixed Fruit
DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT BEEF SOY	WHEAT SESAME SHELLFISH SOY	DAIRY WHEAT PORK
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Butter Chicken Curry (V) Butter Vegetable Curry White Rice Spiced Sautéed Spinach Fresh Salad w. Condiments Chickpea Soup Fresh Fruits	Pork Shoga Yaki (Ginger Pork) (V) Vegetarian Shoga Yaki White Rice Roast Carrots Fresh Salad w. Condiments Egg Drop Soup Chocolate Brownie	Roast Chicken w. Orange Sauce (V) Vegetable Stew Baguette Mixed Vegetable Fresh Salad w. Condiments Cream of Mushroom Soup Fresh Fruit	Beef Chili (V) Vegetarian Chili White Rice Vegetable Gratin Fresh Salad w. Condiments Vegetable Barley Soup Lemon Cake	Mediterranean Chicken (V) Falafel Pita Bread Roast Vegetables Fresh Salad w. Condiments Potato Leek Soup Berry Panna Cotta
DAIRY	EGG DAIRY WHEAT PORK SOY	DAIRY WHEAT	EGG DAIRY WHEAT BEEF	EGG DAIRY WHEAT
<b>16</b>	<b>St. Patrick's Day 17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Indian Chicken Curry (V) Vegetable Curry Naan Spinach & Lentil Dal Fresh Salad w. Condiments Bean Soup Fresh Fruits	Irish Beef Stew (V) Irish Vegetable Stew Colcannon Mashed Potato Roast Carrots Fresh Salad w. Condiments Pumpkin Soup Irish Tea Cake 	Basil Chicken (V) Basil Tofu Penne Arrabiatta Mixed Vegetable Fresh Salad w. Condiments Wakame Soup Fresh Fruits	Pork Stir Fry (V) Vegetarian Stir Fry / Vegetarian Spring Roll White Rice Sesame Broccoli Fresh Salad w. Condiments Roast Tomato Soup Lemon Custard	BBQ Chicken (V) BBQ Vegetable Gratin Potato Wedges Broccoli & Carrots Fresh Salad w. Condiments Mix Vegetable Soup Cinnamon Apple Cake
DAIRY WHEAT	EGG DAIRY WHEAT BEEF	WHEAT SOY	EGG DAIRY WHEAT PORK SESAME SOY	EGG DAIRY WHEAT
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>30</b>	<b>31</b>			
Roast Chicken w. Zaatar (V) Baked Tofu w. Zaatar Pita Bread Roast Vegetables Fresh Salad w. Condiments Lentil Soup Fresh Fruit	Miso Baked Cod (V) Miso Baked Vegetables White Rice Sesame Broccoli Fresh Salad w. Condiments Wakame Soup Matcha Cake			
WHEAT DAIRY SESAME SOY	EGG WHEAT DAIRY SESAME FISH SOY			

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