

May 2026

CEZARS™ KITCHEN

CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
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				Japanese Chicken Curry (V) Vegetable Curry White Rice Mixed Vegetable Fresh Salad w. Condiments Miso Wakame Soup Fresh Fruit
				SOY
4	5	6	7	Mother's Day 8
No School	No School	Hoi SIN Chicken (V) HOI SIN Veg & Tofu Pot Baguette Mixed Vegetable Fresh Salad w. Condiments Cream of Mushroom Soup Vanilla Cake	Chilli Con Carne (V) Vegetarian Chili White Rice Vegetable Gratin Fresh Salad w. Condiments Vegetable Barley Soup Fresh Fruits	Mediterranean Chicken (V) Falafel Pita Bread Roast Vegetables Fresh Salad w. Condiments Potato Leek Soup Lemon Cake
		EGG DAIRY WHEAT	SOY EGG DAIRY WHEAT PORK	EGG DAIRY WHEAT SESAME SOY
11	12	13	14	15
Ginger & Sesame Chicken (V) Ginger & Sesame Tofu Karaage White Rice Sesame Green Beans Fresh Salad w. Condiments Miso Soup Orange Wedges	Beef Lasagna (V) Vegetarian Lasagna Herb Focaccia Honey Carrots Fresh Salad w. Condiments Minestrone Soup Berry Custard	Korean Chicken (V) Korean Tofu White Rice Kimchi Vegetables Fresh Salad w. Condiments Korean Veg Soup Fruits	Fish & Chips (V) Vegetable Tempura Penne w. Pomodoro Mixed Vegetable Fresh Salad w. Condiments Minestrone Soup Mix Fruits Cake	BBQ Chicken (V) BBQ Vegetable Gratin Potato Wedges Steamed Broccoli Fresh Salad w. Condiments Mix Vegetable Soup Cinnamon Apple Cake
SESAME SOY	EGG DAIRY WHEAT BEEF SOY	WHEAT SESAME FISH SOY	EGG DAIRY WHEAT FISH	EGG DAIRY WHEAT
18	19	20	21	22
Tandoori Chicken (V) Tandoori Tofu & Vegetables White Rice Indian Mix Beans Fresh Salad w. Condiments Vegetables Soup Apple Wedges	Chorizo Pizza (V) Vegetables Pizza Basil Pennee Sesame Broccoli Fresh Salad w. Condiments Vegetable Soup Fresh Fruits	Sweet & Sour Chicken (V) Sweet & Sour Tofu & Vegetables White Rice Honey Cauliflower Fresh Salad w. Condiments Tom Yum Soup Banana Cake	Teriyaki Salmon (V) Teriyaki Tofu White Rice Ginger Garlic Green Beans Fresh Salad w. Condiments Corn Pottage Fresh Fruits	Pork Stir Fry (V) Vegetarian Stir Fry / Vegetarian Spring Roll White Rice Sesame Green Beans Fresh Salad w. Condiments Roast Tomato Soup Pineapple Cake
EGG WHEAT DAIRY SOY	EGG DAIRY WHEAT PORK	EGG DAIRY WHEAT SESAME FISH SOY	EGG DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT PORK SESAME SOY
25	26	27	28	29
Mexican Chicken Tacos (V) Vegetarian Soy Meat Tacos Tortillas Corn on the Cob Fresh Salad w. Condiments Pumpkin Soup Fresh Fruit	Basil Baked Cod (V) Basil Baked Vegetables White Rice Sesame Broccoli Fresh Salad w. Condiments Wakame Soup Matcha Cake	Chicken Loaf (V) Vegetable Loaf White Rice Roast Mix Vegetables Fresh Salad w. Condiments Lentil Soup Fruits	Spaghetti w. Beef Bolognese (V) Spaghetti w. Vegetarian Bolognese Garlic Bread Grilled Asparagus Fresh Salad w. Condiments Clear Corn Soup Fruit Jelly (V)	Grilled Chicken Breast w. Gravy (V) Grilled Vegetable & Barley French Fries Roasted Smoked Eggplant Fresh Salad w. Condiments White Beans Soup Fresh Fruits
EGG DAIRY WHEAT SOY	EGG WHEAT DAIRY SESAME FISH SOY	EGG WHEAT	EGG DAIRY WHEAT BEEF	EGG DAIRY WHEAT



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