

September 2026



CANADIAN ACADEMY

Monday										Tuesday										Wednesday										Thursday										Friday										
										1										Coconut Day 2										3										4										
										Pork Stir Fry (V) Vegetable Stir Fry White Rice Sesame Broccoli Fresh Salad Bar w. Condiments Corn Pottage Soup Bananas										Coconut Indian Curry (V) Coconut Indian Vegetables Curry Naan Bread Roast Pumpkin Fresh Salad Bar w. Condiments Carrot Soup Coconut Cake										Fish & Chips (V) Vegetable Tempura Penne w. Pomodoro Mixed Vegetable Fresh Salad Bar w. Condiments Minestrone Soup Watermelon										Mediterranean Chicken (V) Mix Vegetable Stew White Rice Roast Potatoes Fresh Salad Bar w. Condiments Sweet Corn Soup Pineapple										
										EGG	DAIRY	WHEAT	PORK		SESAME					EGG	DAIRY	WHEAT							EGG	DAIRY	WHEAT					FISH							DAIRY	WHEAT						
7										8										9										10										11										
Chicken Karaage (V) Tofu Karaage White Rice Grilled Asparagus Fresh Salad Bar w. Condiments Wakame Soup Oranges										Roast Pork Loin (V) Lentil Loaf Mashed Potato Roast Cauliflower Fresh Salad Bar w. Condiments Tomato Soup Matcha Cake										Grilled Chicken Breast (V) Grilled Vegetable & Barley White Rice Olive Oil Green Beans Fresh Salad Bar w. Condiments Tomato & Coconut Soup Pineapple										Spaghetti w. Beef Bolognese (V) Spaghetti w. Vegetarian Bolognese Garlic Bread Steamed Broccoli Fresh Salad Bar w. Condiments Clear Corn Soup (V) Fruit Jelly										Tandoori Chicken (V) Tandoori Tofu & Vegetables White Rice Indian Mix Beans Fresh Salad Bar w. Condiments Vegetables Soup Apple Wedges										
										EGG	DAIRY	WHEAT								EGG	DAIRY	WHEAT								DAIRY	WHEAT			BEEF													SOY			
14										15										16										17										18										
Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Pumpkin Croquette, Sesame & Ginger Okra Fresh Salad Bar w. Condiments Wakame Soup Banana										Roast Pork Belly (V) Vegetable Loaf White Rice Buttered Brussel Sprout Fresh Salad Bar w. Condiments Cream of Mushroom Soup Chocolate Brownie										Ginger & Sesame Chicken (V) Ginger & Sesame Tofu Karaage White Rice Sesame Green Beans Fresh Salad Bar w. Condiments Miso Soup Orange Wedges										Irish Beef Stew (V) Irish Vegetable Stew White Rice Steamed Broccoli Fresh Salad Bar w. Condiments Minestrone Soup Mix Berries Yogurt										No School										
											DAIRY	WHEAT			SESAME				SOY			WHEAT			SESAME			SOY			DAIRY	WHEAT			BEEF				SOY											
21										22										23										24										JUGOYA / TSUKIMI 25										
School Holiday										Japanese Hayashi Beef (V) Hayashi Soy Meat White Rice Japanese Root Vegetables Fresh Salad Bar w. Condiments Miso Soup Oranges Wedges										Chicken Penne (V) Vegetables & Tofu Penne Baguettes Roast Mix Vegetables Fresh Salad Bar w. Condiments White Bean Soup Vanilla Cake										Sweet & Sour Ponzo Salmon (V) Sweet & Sour Ponzo Veg & Tofu French Fries Roast Vegetables Fresh Salad Bar w. Condiments Mushroom Soup Watermelon										Korean Chicken (V) Korean Tofu White Rice Kimchi Vegetables Fresh Salad Bar w. Condiments Korean Veg Soup Moon Chocolate Croissant										
																					EGG	DAIRY	WHEAT			BEEF			SOY			EGG	DAIRY	WHEAT				FISH	SOY					SESAME	FISH	SOY				
28										29										30																														
Chicken Loaf (V) Vegetable Loaf White Rice Roasted Carrot & Steamed Broccoli Fresh Salad Bar w. Condiments Lentil Soup Fruit Salad										Beef Lasagna (V) Soy Meat Lasagna Herbed Focaccia Roast Vegetables Fresh Salad Bar w. Condiments Vegetable Gazpacho Chocolate Custard										Hungarian Chicken Goulash (V) Hungarian Vegetable Goulash White Rice Roast Pumpkin Fresh Salad Bar w. Condiments Lentil Soup Fruits																														
										EGG	DAIRY	WHEAT			BEEF				SOY			EGG	DAIRY	WHEAT																										

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