

October 2026



CANADIAN ACADEMY

Monday								Tuesday								Wednesday								Thursday								Friday															
																								1								2															
																								Chilli Con Carne (V) Vegetarian Chili White Rice Vegetable Gratin Fresh Salad w. Condiments Vegetable Barley Soup Fresh Fruits								BBQ Chicken (V) BBQ Vegetable Gratin White Rice Steamed Broccoli Fresh Salad w. Condiments Mix Vegetable Soup Cinnamon Apple Cake															
																			DAIRY	WHEAT			BEEF				SOY	EGG	DAIRY	WHEAT				SESAME			SOY										
Teacher's day 5								6								7								8								9															
Chicken Karaage (V) Ginger & Sesame Tofu Karaage White Rice Sesame Broccoli Fresh Salad w. Condiments Miso Soup Orange Cake								Beef & Pork Hamburg (V) Vegetarian Spring Roll White Rice Mix Grilled Vegetables Fresh Salad w. Condiments Roasted Tomato Soup Orange 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								Japanese Chicken Curry (V) Vegetable Curry White Rice Mixed Vegetable Fresh Salad w. Condiments Miso Wakame Soup Fresh Fruit															
EGG	WHEAT	DAIRY				SESAME		SOY	EGG	DAIRY	WHEAT	PORK	BEEF	SESAME		SOY			WHEAT				SESAME	FISH	SOY	EGG	DAIRY	WHEAT					FISH	SOY			DAIRY	WHEAT					SOY				
12								13								14								15								16															
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 Penne Sesame Broccoli Fresh Salad w. Condiments Mushroom 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 Cod Fish (V) Teriyaki Tofu White Rice Ginger Garlic Green Beans Fresh Salad w. Condiments Corn Pottage Fresh Fruits								Beef Lasagna (V) Vegetarian Lasagna Herb Focaccia Honey Carrots Fresh Salad w. Condiments Minestrone Soup Mix Berries Yogurt															
	WHEAT	DAIRY						SOY			DAIRY	WHEAT	PORK			SESAME		SOY	EGG	DAIRY	WHEAT			SHRIMP	SESAME	FISH	SOY			DAIRY	WHEAT					FISH	SOY	EGG	DAIRY	WHEAT			BEEF				SOY
19								20								21								22								23															
Mexican Chicken Tacos (V) Vegetarian Soy Meat Tacos Tortillas Corn on the Cob Fresh Salad w. Condiments Pumpkin Soup Fresh Fruit								Fried Fish Bites (V) Mixed Beans & Lentil Bars White Rice Sesame Broccoli Fresh Salad w. Condiments Wakame Soup Matcha Cake								Japanese Chicken Curry (V) Vegetable Curry White Rice Mixed Vegetable Fresh Salad w. Condiments Miso Wakame Soup Fresh Fruit								Spaghetti w. Beef Bolognese (V) Spaghetti w. Vegetarian Bolognese Garlic Bread Grilled Asparagus Fresh Salad w. Condiments Clear Corn Soup Fruit Jelly								Grilled Chicken Breast w. Gravy (V) Grilled Vegetable & Barley French Fries Roasted Smoked Eggplant Fresh Salad w. Condiments White Beans Soup Fresh Fruits															
		DAIRY	WHEAT					SOY	EGG	WHEAT	DAIRY					SESAME	FISH	SOY			WHEAT	DAIRY					SOY			DAIRY	WHEAT												SOY				
26								27								28								29								30															
School Holiday								School Holiday								School Holiday								School Holiday								School Holiday															

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