November 2026

CEZARS™ KITCHEN

CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**DEEPAVALI 6**
Chicken Katsu (V) Tofu & Vegetable Katsu White Rice Japanese Vegetable Fresh Salad w. Condiments Egg Drop Soup Orange Wedges	Beef & Pork Hamburg (V) Vegetable Hamburg Roasted Potatoes Mixed Vegetable Fresh Salad w. Condiments White Bean Soup Fruit Crumble	Moroccan Chicken Tagine (V) Moroccan Vegetable Tagine Pita Bread Spiced Vegetables Fresh Salad w. Condiments Broccoli Soup Fresh Pineapple	Fish & Chips (V) Creamy Capers & Grilled Vegetables Garlic Bread Grilled Asparagus w. Basil Sauce Fresh Salad w. Condiments Tomato Soup Chocolate Brownies	Tandoori Chicken (V) Tandoori Tofu & Vegetables White Rice Indian Mix Beans Fresh Salad w. Condiments Vegetables Soup Apple Wedges
EGG DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT BEEF PORK SOY	DAIRY WHEAT SOY	EGG DAIRY WHEAT FISH SOY	DAIRY WHEAT SOY
9	**10**	**11**	**12**	**13**
Chicken Karaage (V) Tofu Karaage White Rice Sesame Green Beans Fresh Salad w. Condiments Clear Mushroom Soup Mix Berries Yogurt	Beef Lasagna (V) Vegetarian Lasagna Fresh Focaccia Pesto Broccoli Fresh Salad w. Condiments Tomato Soup Banana	Teriyaki Chicken (V) Teriyaki Grilled Vegetable White Rice Soy Daikon & Cabbage Fresh Salad w. Condiments Aburaage Soup Mikan	Grilled Pork Sausage w. Gravy (V) Lentil Loaf w. Gravy Mashed Potato Roasted Vegetables Fresh Salad w. Condiments Vegetable Soup Fresh Fruits	Japanese Chicken Curry (V) Japanese Vegetarian Curry White Rice Japanese Vegetables Fresh Salad w. Condiments Wakame Miso Soup Matcha Cake
DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT BEEF SOY	DAIRY WHEAT SESAME FISH SOY	EGG DAIRY WHEAT BEEF PORK SOY	EGG DAIRY WHEAT SESAME FISH SOY
16	**17**	**18**	**19**	**20**
Sweet & Sour Chicken (V) Sweet & Sour Tofu & Vegetables White Rice Honey Cauliflower Fresh Salad w. Condiments Tom Yum Soup Banana Cake	Pesto Baked Cod Filet (V) Pesto Baked Tofu Penne Pomodoro Roasted Broccoli Fresh Salad w. Condiments Carrot Soup Fresh Fruits	Thai Chicken Curry (V) Thai Vegetable & Tofu Curry White Rice Mixed Vegetables Fresh Salad w. Condiments Vegetarian Tom Yum Soup Pineapple	Beef Burger (V) Basil & Vegetable Penne Potato Wedges Steamed Broccoli Fresh Salad w. Condiments Garbanzo Soup Chocolate Custard	Chicken Cacciatore (V) Vegetable Cacciatore White Rice Roasted Vegetables Fresh Salad w. Condiments Barley Soup Fresh Fruits
EGG DAIRY WHEAT SESAME SHELLFISH SOY	DAIRY WHEAT FISH SOY	DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT BEEF SESAME SOY	WHEAT DAIRY SOY
23	**24**	**25**	**THANKSGIVING 26**	**27**
School Holiday	Hoi Sin Chicken (V) Thick Soy Tofu White Rice Asian Steamed Vegetables Fresh Salad w. Condiments Chinese Flavor Vegetable Soup Vanilla Tapioca Jelly	Salmon Pasta (V) Vegetables Pasta Baguettes Roasted Vegetables Fresh Salad w. Condiments Pumpkin Soup Fresh Fruits	Roast Chicken w. Gravy (V) Baked Vegetable Gratin White Rice Pesto Broccoli Fresh Salad w. Condiments Clear Mushroom Soup Mikan	Chorizo Pizza (V) Vegetables Pizza Penne Arrabbiata Honey Carrots Fresh Salad w. Condiments Green Peas Soup Fresh Apple Wedges
	DAIRY WHEAT PORK SESAME SOY	EGG DAIRY WHEAT FISH SOY	DAIRY WHEAT BEEF SOY	EGG DAIRY WHEAT PORK SOY
30				
Penne w. Beef Bolognese (V) Penne w. Vegetarian Bolognese Fresh Focaccia Pesto Broccoli Fresh Salad w. Condiments Minestrone Soup Grapes Jelly (No Pork or Gelatine)				
DAIRY WHEAT BEEF SOY				

Cezars Kitchen menu does not contain nuts

Menu may change depending on ingredient availability