August 2024

CEZARS™ KITCHEN

CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			School Holiday	School Holiday
5	6	7	8	9
School Holiday	School Holiday	School Holiday	School Holiday	School Holiday
Peterpan Only 12	Peterpan Only 13	Peterpan Only 14	Peterpan Only 15	Peterpan Only 16
Barbeque Chicken	Stir Fry Pork	Juicy Beef Burgers	Chicken Pizza	Fried Fish
(V) Grilled Vegetable & White Bean Casserole	(V) Stir Fry Tofu	(V) Grilled Vegetable Burgers	(V) Vegetable Pizza	(V) Roasted Cauliflower & Tofu Meunier
Mac N Cheese & White Rice	White Rice	Crispy Potato Wedges	Mixed Vegetables	Potato Wedges
Corn on the Cobb	Soy Glazed Eggplant w. Spring Onion	Green Beans	Garlic Butter Spinach	Asparagus w. Lemon
Mixed Salad	Mixed Salad	Burger Salad - Lettuce, Onion, Tomato	Mixed Salad	Mixed Salad
Lentil Soup	Egg Drop Soup	Minestrone Soup	Harusame Soup	Potato Leek Soup
Orange Wedge	Orange Cake	Fresh Pineapple	Fruit Jelly	Pineapple Cake
EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT PORK SESAME SOY	EGG DAIRY WHEAT BEEF SESAME SOY	EGG DAIRY WHEAT SESAME SOY	EGG DAIRY WHEAT FISH SOY
19	20	21	22	23
Thai Chicken Curry	Beef Tacos	Chicken Karaage	Cezars Roast Pork w. Savory Demi	Herb Roasted Chicken
(V) Vegetable Thai Curry	(V) Vegetable Bean Tacos	(V) Tofu Karaage	(V) Vegetarian Loaf w. Vegetable Demi	(V) Grilled Vegetables w. Legumes
Cheese Naan Bread	White Rice	White Rice	White Rice	White Rice
Grilled Asparagus	Pico de Gallo, Salsa	Kimpira Gobo	Roasted Carrots	Asparagus w. Lemon Pepper
Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Tom Yum Soup	Cream of Corn Soup	Aburaage Soup	Mediterranean White Bean Soup	Vegetable Soup
Fresh Fruits	Fresh Banana	Orange Wedges	Peach Cobbler	Mix Berries Mousse
EGG DAIRY WHEAT FISH SOY	DAIRY WHEAT BEEF SOY	WHEAT SESAME FISH SOY	EGG DAIRY WHEAT PORK SOY	EGG DAIRY WHEAT
26	27	28	29	30
Fish Fingers	Japanese Chicken Curry	Roasted Pork Belly	Beef Lasagna	Teriyaki Chicken
(V) Chick Pea Fingers	(V) Japanese Tofu Curry	(V) Vegetable Tofu Gratin	(V) Vegetable Lasagna	(V) Teriyaki Tofu w. Daikon
White Rice	White Rice	Roast Potatoes	Garlic Bread	White Rice
Steamed Carrots	Croquettes	Green Beans	Broccoli	Gyoza w. Dipping Sauce (V) Sesame Noodles
Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Mushroom Soup	Miso Soup	Garbanzo Soup	Tomato Soup	Wakame Soup
Sponge Cake	Mixed Fruit	Sliced Melon	Chocolate Cake	Sliced Pineapple
EGG DAIRY WHEAT FISH SOY	EGG DAIRY WHEAT SOY	EGG DAIRY WHEAT PORK SOY	EGG DAIRY WHEAT BEEF SOY	EGG WHEAT PORK SESAME FISH SOY

Cezars Kitchen menu does not contain nuts

Menu may change depending on ingredient availability