September 2024

CEZARS™ KITCHEN

CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Coq Au Vins (French Chicken Stew) (V) Vegetables Pot au Feu (French Vegetable Stew) White Rice Grilled Asaparagus Fresh Salad w. Condiments French Onion Soup Fresh Fruits	Pork Herbed Sausages (V) Herbed Soy Meat Tofu & Vegetables White Rice Roasted Vegetables Fresh Salad w. Condiments Mushroom Soup Chocolate Cake	Grilled Lebanese Chicken (V) Vegetable Falafel White Rice Smoked Eggplant Fresh Salad w. Condiments Vegetables Soup Fresh Bananas	Tagliatelle Carbonara (V) Vegtables Creamy Tagliatelle White Rice Broccoli Fresh Salad w. Condiments Tomato Basil Soup Fruits Jelly	BBQ Chicken Pizza (V) Margherita Pizza French Fries Zucchini in Pesto Sauce Fresh Salad w. Condiments Sweet Corn Soup Orange Cake
DAIRY, WHEAT	EGG, DAIRY, WHEAT, PORK, SOY	EGG, DAIRY, WHEAT	EGG, DAIRY, WHEAT, PORK, SOY	EGG, DAIRY, WHEAT
9	**10**	**11**	**12**	**13**
Herb Roasted Chicken (V) Vegetable Ratatouille White Rice Roasted Cauliflower & Carrot Fresh Salad w. Condiments Vegetable Soup Apple Crumble	Spaghetti Bolognese (V) Spaghetti w. Chick Peas in Pomodoro Garlic Bread Broccoli Fresh Salad w. Condiments Vegetable Minestrone Sliced Pineapple	Coconut Chicken Curry (V) Vegetable Curry w. Tofu Pita Bread Smoked Eggplant Fresh Salad w. Condiments Pumpkin Soup Fresh Fruit	Stir Fry Pork w. Peppers (V) Vegetable & Tofu Stir Fry White Rice Sesame Snap Peas Fresh Salad w. Condiments Egg Drop Soup Lemon Cake	BBQ Grilled Chicken (V) Creamy BBQ Grilled Vegetable Pot White Rice Steamed Broccoli Fresh Salad w. Condiments Minestrone Soup Fresh Water Melon
EGG, DAIRY, WHEAT	EGG, DAIRY, WHEAT, BEEF, SOY	EGG, DAIRY, WHEAT, FISH, SOY	EGG, DAIRY, WHEAT, PORK, SESAME, SOY	EGG, DAIRY, WHEAT, SESAME, SOY
16	**17**	**18**	**19**	**20**
No School	Butter Chicken (V) Vegetable Indian Curry Naan Bread Roasted Pumpkin w. Brown Butter Fresh Salad w. Condiments Mulligatawny Soup Pineapple	Grilled Pork Loin (V) Grilled Spiced Tofu Potato Gratin Grilled Zucchini Fresh Salad w. Condiments Lentil Soup Fresh Melon	Karaage Chicken (V) Tofu Karaage White Rice Kimpira Gobo Fresh Salad w. Condiments Aburaage Soup Orange Wedges	Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Fresh Salad w. Condiments Zuppa Toscana Chocolate Cake
	EGG, DAIRY, WHEAT, SOY	EGG, DAIRY, WHEAT, PORK, SOY	WHEAT, SESAME, FISH, SOY	EGG, DAIRY, WHEAT, BEEF, SOY
23	**24**	**25**	**26**	**27**
Sesame & Miso Grilled Chicken (V) Grilled Sesame & Miso Vegetable White Rice Japanese Soy Braised Vegetables Fresh Salad w. Condiments Tomato Soup Peach Cobbler	Sweet & Sour Pork (V) Sweet & Sour Grilled Vegetable White Rice Roasted Pumpkin Fresh Salad w. Condiments Corn Soup Fresh Fruit	Chicken Fajitas (V) Vegetable Bean Tacos Flour Tortilla Corn on the Cobb Fresh Salad w. Condiments Mexicali Soup Fresh Bananas	Baked Beef Meat Loaf (V) Vegetarian Loaf w. Savory Demi White Rice Roasted Carrots Fresh Salad w. Condiments Mediterranean Bean Soup Chocolate Mini Eclair	Chicken Adobo (V) Vegetable Adobo Buttered Noodles Brussel Sprouts Fresh Salad w. Condiments Potato Chowder Sliced Pears w. Caramel Sauce
EGG, DAIRY, WHEAT, SESAME, SOY	WHEAT, PORK, SESAME, SOY	DAIRY, WHEAT, SOY	EGG, DAIRY, WHEAT, BEEF, SOY	EGG, DAIRY, WHEAT
30				
Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice Croquettes Fresh Salad w. Condiments Miso Soup Mixed Fruit				
EGG, DAIRY, WHEAT, SOY				

Cezars Kitchen menu does not contain nuts

Menu may change depending on ingredient availability