

December 2024



CANADIAN ACADEMY

Monday		Tuesday				Wednesday				Thursday				Friday							
2		3				4				5				6							
Japanese Chicken Curry (V) Japanese Vegetarian Curry Pumpkin Croquette Sesame Snap Peas Fresh Salad w. Condiments Wakame Soup Fresh Fruit		Grilled Pork Loin (V) Vegetable Gratin Roasted Potatoes Broccoli & Carrot Fresh Salad w. Condiments Minestrone Soup Chocolate Cake				Chicken Katsu (V)Tofu Katsu Sesame Noodles Green Beans Fresh Salad w. Condiments Miso Soup (V) Fruit Jelly				Penne w. Beef Bolognese (V) Penne w. Vegetarian Bolognese Herbed Focaccia Pesto Broccoli Fresh Salad w. Condiments Three Bean Soup Vanilla Cake				Coq Au Vin (French Chicken Stew) (V) Vegetable Tofu Stew Mashed Potato Lemon Pepper Asparagus Fresh Salad w. Condiments Potato Leek Soup Pears w. Caramel Sauce							
DAIRY	WHEAT	SESAME	SOY	EGG	DAIRY	WHEAT	PORK	EGG	DAIRY	WHEAT	SESAME	SOY	EGG	DAIRY	WHEAT	BEEF	SOY	DAIRY	WHEAT	SOY	
9		10				11				Happy Holiday Menu 12				13							
Beef Taco (V) Vegetarian Bean Tacos Grilled Tortilla Spiced Cauliflower Fresh Salad w. Condiments Mexican Corn Soup Orange Wedges		Pesto Chicken (V) Baked Pesto Tofu Penne w. Pomodoro Mixed Vegetable Fresh Salad w. Condiments Broccoli Cheddar Soup Pineapple				Fried Fish Bites (V) Chickpea Fingers Potato Wedges Grilled Asparagus Fresh Salad w. Condiments Roasted Tomato Soup Peach Cobbler				Christmas Roast Chicken w. Gravy (V) Mushroom Vegetable Loaf Cezars Savory Stuffing Carrot & Brussel Sprouts Fresh Salad w. Condiments Cream of Mushroom Soup Apple Pie Bar				Black Bean Pork (V) Black Bean Tofu Pork Spring Roll / (V) Vegetable Spring Roll Snap Peas Fresh Salad w. Condiments Egg Drop Soup Panna Cotta							
DAIRY	WHEAT	BEEF	SOY	DAIRY	WHEAT	SOY	EGG	DAIRY	WHEAT	FISH	SOY	EGG	DAIRY	WHEAT	SOY	EGG	DAIRY	WHEAT	PORK	SHELLFISH	SOY
16		17				18				19				20							
Miso Honey Chicken (V) Miso Honey Tofu White Rice Sesame Edamame Fresh Salad w. Condiments Wakame Soup Fresh Fruit		Beef Bulgogi (V) Vegetarian Bulgogi White Rice Bibimbap Vegetables Fresh Salad w. Condiments Egg Drop Soup Mixed Fruit				BBQ Chicken (V) Baked BBQ Tofu White Rice Peas & Carrots Fresh Salad w. Condiments Potato Leek Soup Berry Custard				Soy Braised Pork Belly w. Daikon (V) Soy Braised Atsuage w. Daikon White Rice Broccoli & Carrot Fresh Salad w. Condiments Miso Soup Matcha Cake				No Lunch							
SESAME	SOY	EGG	DAIRY	WHEAT	BEEF	SOY	EGG	DAIRY	SOY	EGG	DAIRY	WHEAT	PORK	SOY	EGG	DAIRY	WHEAT	PORK	SOY		
23		24				25				26				27							
Winter Holiday		Winter Holiday				Winter Holiday				Winter Holiday				Winter Holiday							
30		31																			
Winter Holiday		Winter Holiday																			

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