

January 2025

**CEZARS**<sup>TM</sup>  
KITCHEN

**CANADIAN ACADEMY**

Monday				Tuesday				Wednesday				Thursday				Friday			
								1				2				3			
								Winter Holiday				Winter Holiday				Winter Holiday			
6				7				8				9				10			
Winter Holiday				Winter Holiday				Winter Holiday				Winter Holiday				Winter Holiday			
13				14				15				16				17			
No School				Japanese Chicken Curry (V) Japanese Vegetable Curry Pumpkin Croquette Broccoli & Snap Peas Fresh Salad w. Condiments Wakame Soup Banana				Roast Pork Belly (V) Vegetable Loaf White Rice Lemon Pepper Asparagus Fresh Salad w. Condiments Cream of Mushroom Soup Chocolate Brownie				Chicken Karaage (V) Tofu Karaage White Rice Sesame Green Beans Fresh Salad w. Condiments Miso Soup Orange Wedges				Beef Lasagna (V) Vegetarian Lasagna Herb Focaccia Pesto Broccoli Fresh Salad w. Condiments Minestrone Soup Panna Cotta			
				DAIRY WHEAT SOY				EGG DAIRY WHEAT PORK				WHEAT SESAME SOY				EGG DAIRY WHEAT BEEF SOY			
20				21				22				23				24			
BBQ Chicken (V) Baked BBQ Tofu Macaroni & Cheese Peas & Carrots Fresh Salad w. Condiments Pumpkin Soup Fresh Fruit				Pesto Baked Salmon (V) Pesto Baked Tofu Penne w. Pomodoro Mixed Vegetable Fresh Salad w. Condiments Minestrone Soup Fruit Crumble				Indian Chicken Curry (V) Indian Vegetarian Curry Naan Bread Roasted Pumpkin Fresh Salad w. Condiments Carrot Coconut Soup Mixed Berry Custard				Spaghetti Bolognese (V) Vegetable Arabiata Garlic Bread Basil Broccoli Fresh Salad w. Condiments Mushroom Soup Mikan				Mediterranean Chicken (V) Falafel Pita Bread Chickpea Tomato Stew Fresh Salad w. Condiments Potato Leek Soup Mixed Fruit			
DAIRY WHEAT SOY				DAIRY WHEAT FISH SOY				EGG DAIRY WHEAT				EGG DAIRY WHEAT PORK SOY				DAIRY WHEAT			
27				28				Lunar Chinese New Year Menu 29				30				31			
Roast Pork Loin (V) Lentil Loaf Mashed Potato Roasted Cauliflower & Broccoli Fresh Salad w. Condiments Tomato Soup Cinnamon Pear Cake				Chicken Katsu (V) Tofu Katsu White Rice Peas & Carrots Fresh Salad w. Condiments Cream of Mushroom Soup Fresh Fruit				Char Siu Pork (V) Char Siu Tofu Steamed Shorompo / (V) Vegetarian Dumpling Stir Fried Chinese Vegetables Fresh Salad w. Condiments Egg Drop Soup Chinese Steamed Sponge Cake 				Spaghetti w. Beef Bolognese (V) Spaghetti w. Vegetarian Bolognese Garlic Bread Steamed Broccoli Fresh Salad w. Condiments Vegetable Barley Soup (V) Fruit Jelly				Grilled Lebanese Chicken (V) Grilled Spiced Tofu White Rice Lemon Pepper Asparagus Fresh Salad w. Condiments Three Bean Soup Apple Wedges			
EGG DAIRY WHEAT PORK				EGG DAIRY WHEAT SOY				EGG DAIRY WHEAT PORK SHELLFISH SESAME SOY				DAIRY WHEAT BEEF SOY				SOY			

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