

# February 2025



# CANADIAN ACADEMY

Monday		Tuesday				Wednesday				Thursday				Friday																									
<b>3</b>		<b>4</b>				<b>5</b>				<b>6</b>				<b>7</b>																									
Japanese Chicken Curry (V) Vegetarian Japanese Curry White Rice Sesame Broccoli Fresh Salad w. Condiments Miso Soup Fresh Fruit		BBQ Pork Belly (V) BBQ Tofu Macaroni & Cheese Roast Carrots w. Green Beans Fresh Salad w. Condiments Potato Leek Soup Chocolate Cake				Mediterranean Lemon Chicken (V) Vegetable Gratin Roast Potato Lemon Pepper Asparagus Fresh Salad w. Condiments Minestrone Soup Mixed Berry Custard				Hayashi Beef (V) Vegetarian Hayashi White Rice Soy Braised Japanese Vegetables Fresh Salad w. Condiments Egg Drop Soup Mikan				Sesame Chicken (V) Vegetarian Sesame Tofu White Rice Sesame Snap Peas Fresh Salad w. Condiments Cream of Mushroom Soup Orange Cake																									
	DAIRY	WHEAT			SESAME		SOY	EGG	DAIRY	WHEAT	PORK				SOY	EGG	DAIRY	WHEAT					SOY	EGG	DAIRY	WHEAT			SESAME		SOY								
<b>10</b>		<b>11</b>				<b>12</b>				<b>13</b>				<b>14</b>																									
Chicken Mapo Tofu (V) Vegetarian Mapo Tofu White Rice Sesame Greens Fresh Salad w. Condiments Pumpkin Soup Sliced Pineapple		Fried Fish Bites (V) Chickpea Bites Potato Wedges Green Bean & Carrots Fresh Salad w. Condiments Broccoli Cheese Soup Vanilla Cake				Chicken Cacciatore (V) Tofu & Vegetable Cacciatore Penne w. Pesto Lemon Pepper Asparagus Fresh Salad w. Condiments 3 Bean Minestrone Panna Cotta				Beef Burger (V) Vegetable Burger French Fries Steamed Broccoli Fresh Salad w. Condiments Creamy Carrot Soup Bananas				Butter Chicken (V) Butter Tofu Curry Naan Bread Mixed Roast Vegetables Fresh Salad w. Condiments Lentil Soup Orange Custard																									
		WHEAT		PORK	SESAME	SHELLFISH	SOY	EGG	DAIRY	WHEAT			FISH	SOY		DAIRY	WHEAT					SOY	EGG	DAIRY	WHEAT	PORK	BEEF			SOY	EGG	WHEAT	DAIRY					SOY	
<b>17</b>		<b>18</b>				<b>19</b>				<b>20</b>				<b>21</b>																									
No School		No School				Chicken Karaage (V) Tofu Karaage White Rice Sesame Green Beans Fresh Salad w. Condiments Wakame Soup Orange Wedges				Roast Pork Shoulder (V) Mushroom Vegetable Stew Mashed Potato Roast Carrots Fresh Salad w. Condiments Roast Tomato Soup Fruit Crumble				Pesto Chicken (V) Baked Pesto Tofu Pasta Pomodoro Steamed Broccoli Fresh Salad w. Condiments Vegetable Barley Soup Fresh Fruit																									
										WHEAT			SESAME		SOY		DAIRY	WHEAT	PORK												WHEAT				SOY				
<b>24</b>		<b>25</b>				<b>26</b>				<b>ES No Classes 27</b>				<b>ES No Classes 28</b>																									
Roast Chicken w. Gravy (V) Vegetable Lentil Loaf White Rice Roast Vegetables Fresh Salad w. Condiments Tomato Soup Sliced Pineapple		Pork Stir Fry (V) Tofu Stir Fry Sesame Vegetable Noodles Steamed Vegetable Fresh Salad w. Condiments Egg Drop Soup Custard Filled Pancake				BBQ Chicken (V) BBQ Vegetable Gratin White Rice Roast Corn Fresh Salad w. Condiments Cream of Mushroom Soup Fresh Fruit				Beef Lasagna (V) Vegetarian Lasagna Herb Focaccia Mixed Vegetables Fresh Salad w. Condiments Spinach Lentil Soup Fruit Crumble				Japanese Chicken Curry (V) Vegetarian Japanese Curry White Rice Green Beans & Snap Peas Fresh Salad w. Condiments Carrot Coconut Soup Matcha Cake																									
EGG	DAIRY	WHEAT						EGG	DAIRY	WHEAT	PORK		SESAME		SOY		DAIRY	WHEAT						EGG	WHEAT	DAIRY		BEEF			SOY	EGG	WHEAT	DAIRY					SOY

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