

March 2025



CANADIAN ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Cacciatore (V) Baked Vegetable Cacciatore Macaroni & Cheese Steamed Cauliflower Fresh Salad w. Condiments Barley Soup Fresh Fruit	Hoi Sin Pork (V) Hoi Sin Asian Vegetables White Rice Sesame Bok Choy Fresh Salad w. Condiments Japanese Consommé Matcha Cake	Indian Chicken Curry (V) Indian Vegetarian Curry Naan Bread Roast Pumpkin Fresh Salad w. Condiments Carrot Coconut Soup Mixed Berry Custard	Pesto Baked Fish (V) Pesto Baked Tofu Penne w. Pomodoro Mixed Vegetable Fresh Salad w. Condiments Minestrone Soup Fruit Crumble	Mediterranean Chicken (V) Falafel Pita Bread Chickpea Tomato Stew Fresh Salad w. Condiments Potato Leek Soup Mixed Fruit
EGG DAIRY WHEAT	EGG DAIRY WHEAT PORK SESAME FISH SOY	EGG DAIRY WHEAT	DAIRY WHEAT FISH SOY	DAIRY WHEAT
10	11	12	13	14
Chicken Katsu (V) Tofu Katsu White Rice Peas & Carrots Fresh Salad w. Condiments Cream of Mushroom Soup Fresh Fruit	Roast Pork Loin (V) Lentil Loaf Mashed Potato Roast Cauliflower & Broccoli Fresh Salad w. Condiments Tomato Soup Cinnamon Pear Cake	Thai Chicken Curry (V) Thai Tofu Curry White Rice Green Beans & Snap Peas Fresh Salad w. Condiments Carrot Coconut Soup Chocolate Cake	Spaghetti w. Beef Bolognese (V) Spaghetti w. Vegetarian Bolognese Garlic Bread Steamed Broccoli Fresh Salad w. Condiments Vegetable Barley Soup 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 SOY	EGG DAIRY WHEAT PORK	EGG DAIRY WHEAT SHELLFISH SOY	DAIRY WHEAT BEEF SOY	SOY
17	18	19	St. Patrick's Day 20	21
Japanese Chicken Curry (V) Japanese Vegetable Curry White Rice 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	Irish Beef Stew (V) Irish Vegetable Stew Herb Focaccia Broccoli Fresh Salad w. Condiments Minestrone Soup Irish Cake	Basil Chicken (V) Basil Creamy Tofu White Rice Grilled Asparagus Fresh Salad w. Condiments Sweet Corn Soup Maple Syrup Pan Cake
DAIRY WHEAT SOY	EGG DAIRY WHEAT PORK	WHEAT SESAME SOY	EGG DAIRY WHEAT BEEF SOY	EGG DAIRY WHEAT
24	25	26	27	28
No School	No School	No School	No School	No School
31				
Sweet & Sour Chicken (V) Sweet & Sour Vegetables White Rice Asian Vegetables Fresh Salad w. Condiments Tom Yum Soup Banana Cake				
EGG DAIRY WHEAT SESAME SOY				

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