



Ray

# THE CEDARS at DAWSON HEIGHTS

## LUNCH Menu for the Month of JULY 2020 Served 12:00 – 12:30pm

\*\*\* Please ask your Server for the Soup of the Day \*\*\*

\*\*\*Fresh made sandwiches always available at lunch\*\*\*

Tossed greens always available

\*\*\*Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request.\*\*\*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***			 <b>1 <u>Canada Day</u></b> Eggs Benedict  Fruit Plate	<b>2</b> Deli Sandwich w/ Chips & Pickles  Fruit Cocktail	<b>3</b> Sloppy Joe's w/ Peas  Magic Squares	<b>4</b> Chicken Salad Sandwich  Rainbow Sherbet
<b>5</b> Soft Boiled Eggs w/ Bacon  Tapioca Pudding	<b>6</b> Cod Cakes w/ Green Salad  Vanilla Yogurt	<b>7</b> Trio Salad Plate  Fruit Plate	<b>8</b> Quinoa Tabbouleh Salad w/ Grilled Chicken Oatmeal Raisin Cookies	<b>9</b> Havarti and Tomato Croissant  Frozen Yogurt	<b>10</b> BBQ Pork on a Bun w/ Baked Beans  Chocolate Pudding	<b>11</b> Fish & Chips w/ Coleslaw  Fruit Salad
<b>12</b> Chef's Choice Omelette  Bananas & Cream	<b>13</b> Chicken Fingers w/ Caesar Salad  Nanaimo Bars	<b>14</b> Egg Salad Sandwich  Crushed Pineapple and Yogurt	<b>15</b> Chicken Orzo Salad w/ Focaccia  Fruit Salad	<b>16</b> Beef Dip w/ Home Fries  Coconut Rice Pudding	<b>17</b> BLT w/ Potato Salad  Fruit Plate	<b>18</b> Chef's Salad w/ Fresh Roll  Chocolate Chip Cookies
<b>19</b> Scrambled Eggs w/ Sausages  Fruit Plate	<b>20</b> Beef Sliders w/ Yam Fries  Peaches and Cream	<b>21</b> Chef's Choice Quiche w/ Veggies  Berry Yogurt	<b>22</b> Macaroni & Cheese w/ Tomato Slices  Ginger Cookies	<b>23</b> Tuna Melt w/ Asian Slaw  Fruit Salad	<b>24</b> Chicken Burger w/ Fries  Ice Cream Sandwiches	<b>25</b> Clubhouse w/ Carrot Salad  Stewed Berries
<b>26</b> Buttermilk Pancakes w/ Bacon  Date Squares	<b>27</b> Grilled Ham and Swiss Sandwich  Fruit Salad	<b>28</b> Cinnamon Roll w/ Fruit & Cheese Gluten Free Brownies	<b>29</b> Fish Burger w/ Yam Fries  Fruit Plate	<b>30</b> Ploughman's Lunch  Peanut Butter Cookies	<b>31</b> Cobb Salad w/ Fresh Roll  Fresh Berries	



# THE CEDARS at DAWSON HEIGHTS

## DINNER Menu for the Month of JULY 2020 Served 5:00 – 5:30pm

All Dinner Entrées are served with specially prepared Potatoes or Rice and Seasonal Fresh Vegetables

\*\*\* Please ask your Server for today's Daily Feature \*\*\*

Tossed greens always available



\*\*\*Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request.\*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Glossary</b> <i>Pavlova - crisp meringue with fruit and whipped cream.</i>  *** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***			<b>1 Canada Day</b> BBQ Burgers Beef OR Salmon Corn on the Cob & Potato Salad  Ice Cream Treats	<b>2</b> Seafood Bouillabaisse OR Linguine w/ Sundried Tomato Pesto Apple Strudel	<b>3</b> Catch of the Day OR Grilled Bratwurst  Caramel Custard	<b>4</b> Veggie Pot Pie OR Lamb Patties  Bread Pudding
<b>5</b> Roast Turkey w/ Sage Stuffing  Chocolate Zucchini Cake	<b>6</b> Fettuccine Alfredo OR Bangers & Mash  Tiramisu	<b>7</b> Mediterranean Chicken OR Sweet and Sour Pork  Butter Tart Coffee Cake	<b>8</b> Sole w/ Mushroom Cream Sauce OR Beef Noodle Casserole Panna Cotta	<b>9</b> Ham Cold Plate  Strawberry Shortcake	<b>10</b> Teriyaki Chicken OR Arctic Char Stewed Rhubarb w/ Warm Custard	<b>11</b> Beef Bourguignon OR Tortellini in a Cream Sauce Blueberry Pie
<b>12</b> Baked Ham w/ Scalloped Potatoes  Cheesecake	<b>13</b> Lamb Chops OR Red Snapper  Rhubarb Pie	<b>14</b> Veal Cutlet OR Stuffed Tomatoes  Fruit Flan	<b>15</b> Pepper Steak OR Rainbow Trout Chocolate Pudding Cake	<b>16</b> Butter Chicken OR Pork Adobo  Lemon Tarts	<b>17</b> Moroccan Lamb Patty OR BBQ Chicken Pineapple Upside Down Cake	<b>18</b> Vegetarian Lasagna OR Beef Stroganoff Carrot Cake
<b>19</b> Salmon Wellington  Pecan Pie	<b>20</b> Stuffed Portabella Mushroom OR Chicken Almandine  Ice Cream Sundae	<b>21</b> Grilled Prawns OR Veal Stew  Strawberry Mousse	<b>22</b> Turkey Patties OR Pork Pot Pie  Fruit Crepes	<b>23</b> Shake & Bake Chicken OR Penne w/ Tomatoes & Bacon 3 Milk Cake	<b>24</b> Pizza Night w/ Caesar Salad  Apple Betty	<b>25</b> Shepherds' Pie OR Fish Cakes  Pavlova
<b>26</b> Beef Pot Roast  Trifle	<b>27</b> Dijon Garlic Pork Tenderloin OR Baked Alaskan Pollock Small Cheese Plate	<b>28</b> Salmon OR Chicken Cold Plate  Frozen Lemonade Pie	<b>29</b> Tourtiere OR Turkey & Sundried Tomato Sausage Apple Crisp	<b>30</b> Salisbury Steaks OR Breaded Haddock  Banana Cream Pie	<b>31</b> BBQ Ribs w/ Baked Potato  Applesauce Cake	