







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>THE CEDARS at DAWSON HEIGHTS</b> <b>LUNCH Menu for the Month of September 2020 Served 12:00 – 12:30pm</b> <i>***Please ask your Server for the Soup of the Day***</i> <i>***Fresh made sandwiches always available at lunch***</i> Tossed greens always available <i>***Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request.***</i> 						
		<b>1</b> Corned Beef and Swiss on Rye w/ Dill Pickles Gluten Free Brownies	<b>2</b> BLT w/ Carrot Salad Oatmeal Raisin Cookies	<b>3</b> Welsh Rarebit w/ Broccoli Fruit Plate	<b>4</b> Chicken Salad Sandwich w/ Chips Berries and Cream	<b>5</b> Sloppy Joe'S Tapioca Pudding
<b>6</b> Chef's Choice Omelette Banana Loaf	<b>7</b> Waffles w/ Strawberries  <b>LABOUR DAY</b> Fruit Yogurt	<b>8</b> Scotch Egg w/ Cucumber & Tomato Slices Ice Cream	<b>9</b> Beef Mini Burgers w/ Yam Fries Fruit Plate	<b>10</b> Chef's Salad w/ Fresh Roll Coconut Rice Pudding	<b>11</b> Egg Salad Sandwich Chocolate Brownies	<b>12</b> Fish & Chips w/ Coleslaw Peaches and Cream
<b>13</b> Scrambled Eggs w/ Bacon Fruit Yogurt	<b>14</b> Garlic Prawns w/ Garden Salad Fresh Fruit Plate	<b>15</b> Ploughman's Lunch Stewed Rhubarb	<b>16</b> Deli Sandwich W/ Chips and Pickles Fruit Salad	<b>17</b> Cobb Salad Pear Halves	<b>18</b> Chicken Nuggets w/ Caesar Salad Chocolate Chip Cookies	<b>19</b> Grilled Cheese & Tomato Sandwich Chocolate Pudding
<b>20</b> Blueberry Pancakes Fruit Salad	<b>21</b> Raisin Ginger Scone w/ Cheddar Cheese & Fruit Frozen Yogurt	<b>22</b> Beef Dip w/ Home Fries Fruit Salad	<b>23</b> Macaroni & Cheese w/ Tomato Slices Fruit & Yogurt Parfait	<b>24</b> Clubhouse w/ Sweet Pickles Rice Krispie Squares	<b>25</b> Ham & Swiss Croissant w/ Cucumber Salad Fruit Plate	<b>26</b> Hot Dogs w/ Yam Fries Sherbet
<b>27</b> Poached Eggs W/ Sausage and Hash Browns Broken Glass	<b>28</b> Chef's Choice Quiche w/ Green Salad Magic Squares	<b>29</b> Tuna Melt w/ Veggies & Dip Fruit Plate	<b>30</b> Chicken & Sundried Tomato Pasta Salad w/ Fresh Roll Peanut Butter Cookies	<b>*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***</b>		

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 <h2 style="margin: 0;">THE CEDARS at DAWSON HEIGHTS</h2> <h3 style="margin: 0;">DINNER Menu for the Month of September 2020 Served 5:00 – 5:30pm</h3> <p style="margin: 0;">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</p>  <p style="margin: 0;">***Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request.***</p>						
		<b>1</b> Sweet Potato Chicken Pie OR Spaghetti w/ Sausage & Tomatoes Peanut Butter Pie	<b>2</b> Liver & Onions OR Dijon Garlic Seared Pork Tenderloin  Ice Cream	<b>3</b> Baked Tortellini OR Poached Sole  Fruit Cocktail Cake	<b>4</b> Pizza w/ Caesar Salad  Fruit Crepes	<b>5</b> Lamb Patties OR Baked Steelhead  Coconut Buttermilk Pound Cake
<b>6</b> Roast Turkey w/ Sage Stuffing  Apple Pie	<b>7</b> BBQ Breast of Chicken OR Grilled Salmon Fillet Peach Cobbler  <b>LABOUR DAY</b>	<b>8</b> Lamb Chops OR Shrimp Casserole  Small Cheese Plate	<b>9</b> Chicken Parmesan OR Baked Tofu Pineapple Upside Down Cake	<b>10</b> Salisbury Steak OR Red Snapper  Tiramisu	<b>11</b> Veal Cutlet OR Butter Chicken  Pavlova	<b>12</b> Beef Stroganoff OR Chicken and Apple Sausage Banana Cream Pie
<b>13</b> Baked Ham w/ Scalloped Potatoes  Cheesecake	<b>14</b> Shake and Bake Chicken OR Shepherd's Pie Chef's Choice Strudel	<b>15</b> Penne w/ Ham and Peas OR Bangers & Mash Fruit Tart	<b>16</b> Chicken Florentine OR Pork Cutlet  Black Magic Cake	<b>17</b> Baked Cod OR Braised Beef Tips  Panna Cotta	<b>18</b> Scottish Pie OR Ham Steaks  Chocolate Mousse	<b>19</b> Chicken Cacciatore OR Catch of the Day  Applesauce Cake
<b>20</b> Pot Roast w/ Trimmings  Lemon Meringue Pie	<b>21</b> Stuffed Portabellas OR Tourtière  Profiteroles	<b>22</b> Arctic Char OR Turkey Patties  Caramel Custard	<b>23</b> Veal Parmesan OR Lemon Herb Chicken Pear Crisp	<b>24</b> Pepper Steak OR Fisherman's Pie Chocolate Pudding Cake	<b>25</b> BBQ Rib Night  Pecan Pie	<b>26</b> Breaded Haddock OR Oven Fried Chicken Chef's Choice Dessert
<b>27</b> Stuffed Porkloin  Sweet Potato Pie	<b>28</b> Stuffed Tomatoes OR Breast of Chicken w/ Caper Sauce Carrot Cake	<b>29</b> Meat Loaf OR Turkey Sausage w/ Apple Chutney Butter Tarts	<b>30</b> Vegetarian Lasagna OR Beef Pot Pie Chocolate Zucchini Cake	<b>GLOSSARY</b> <b>FLORENTINE:</b> w/ spinach  <b>*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***</b>		