



THE CEDARS AT DAWSON HEIGHTS

Lunch Menu for the Month of October 2020 served 12:00 – 12:30pm



*** Fruit juices and milk always available *** Please ask your Server for the Soup of the Day ***

Chef salad available with notice ***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 ***				1 BLT w/ Carrot Salad Strawberries & Cream	2 Chicken Wrap w/ Veggies and Dip Date Squares	3 Hawaiian Pizza Melt w/ Caesar Salad Fruit Salad
4 Cinnamon French Toast w/ Fruit Compote Vanilla Yogurt	5 Single Clubhouse w/ Sweet Pickles & Chips Fruit Plate	6 Assorted Deli Meats & Cheese w/ Fresh Roll Applesauce	7 Beef Dip w/Fries Fruit Salad	8 Grilled Pear and Cheese Sandwich Stewed Rhubarb	9 Fish & Chips w/ Coleslaw Peanut Butter Cookies	10 Egg Salad Croissant Tapioca Pudding
11 Denver Baked Omelettes Fruit Salad	12 <u>THANKSGIVING</u> Buttermilk Pancakes  Berry Parfait	13 Chicken Quesadilla w/ Guacamole, Salsa & Sour Cream Nanaimo Bars	14 Ham and Tomato Sandwich Stewed Berries	15 Chef's Salad Raspberry Swirl Frozen Yogurt	16 Mediterranean Egg Salad Sandwich Fruit Salad	17 Turkey & Swiss Bunwich Oatmeal Raisin Cookies
18 Fried Eggs w/ Sausages Berry Yogurt	19 Macaroni & Cheese w/ Sliced Tomatoes Pumpkin Brownies	20 Mini Chicken Burgers w/ Fries Yogurt w/ Crushed Pineapple	21 Welsh Rarebit w/ Broccoli Spears Fruit Salad	22 Hot Dogs w/ Yam Fries Peaches and Cream	23 Chef's Choice Quiche w/ Mixed Veggies Fruit Plate	24 Mild Beef Chili Con Carne w/ Cornbread Hermit Cookies
25 Poached Eggs w/ Bacon Vanilla Pudding	26 Corned Beef on Rye w/ Potato Salad Fruit Salad	27 Chicken & Artichoke Orzo Salad Chocolate Chip Cookies	28 Cod Cakes w/ Green Salad Fruit Plate	29 Chicken Wings w/ Coleslaw Fruit Yogurt	30 Deville Ham Sandwich Crackle Top Molasses Cookies	31 <u>HALLOWEEN</u> Ploughed Man's Lunch  w/ Devilish Eggs Orange Fluff



THE CEDARS AT DAWSON HEIGHTS


Dinner Menu for the Month of October 2020 served 5:00 – 5:30pm

All Dinner Entrées are served with specially prepared Potatoes or Rice and Seasonal Fresh Vegetables
 *** Fresh roll or bread available upon request *** Please ask your Server for today's Daily Feature ***
 Fruit juices and milk always available *** Soup and chef's salad available with notice



***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
GLOSSARY <i>GRILLED VEGGIE STACK: Layers of veggies and cheese on a Portobello mushroom</i> <i>PAVLOVA: Meringue with whipped cream and fruit</i> <i>SCOTTISH PIE: Ground beef and spices inside a pastry shell</i>				1 Shake & Bake Chicken OR Grilled Veggie Stack Tiramisu	2 <u>Oktoberfest</u> Menu to be Announced	3 Salisbury Steaks OR Pan Fried Snapper w/ Lemon Butter Berry Cobbler
MENU SUBJECT TO CHANGE WITHOUT NOTICE						
4 Roast Leg of Lamb After Eight Cake	5 Breaded Sole OR Shepherd's Pie Sour Milk Spice Cake	6 Chicken Almandine OR Linguine w/ Sundried Tomatoes Panna Cotta	7 Chicken Coq au Vin OR Stuffed Zucchini Pavlova	8 Baked Tortellini OR Meatloaf Pumpkin Cake	9 Veal Cutlets OR Chicken à la King Caramel Custard	10 Lamb Patties OR Cod Fillets Pound Cake
11 Roast Turkey w/ Trimmings Pumpkin Pie	12 Thanksgiving Baked Ham w/ Scalloped Potatoes Baked Pears 	13 Bangers & Mash OR Maple Bacon Lentil Stew Lemon Tarts	14 Lamb Chops OR Steelhead Fillet Chocolate Mousse	15 Teriyaki Chicken OR Fish Cakes Fruit Crepe	16 Scottish Pie OR Eggplant Parmesan Chef's Choice Shortcake	17 Ham Steaks OR Mahi Mahi Deep Dish Brownies
18 Beef Pot Roast Apple Pie	19 Honey Mustard Chicken OR Arctic Char Fruit Tarts	20 Pork Chops OR Lamb Stew Rainbow Sherbet	21 Turkey Sausage w/ Apple Chutney OR Catch of the Day Carrot Cake	22 Spaghetti w/ Meat Sauce OR Dijon Pork Tenderloin Pear Betty	23 Liver & Onions OR Seafood Bouillabaisse Butter Tarts	24 Pan Fried Trout OR Veggie Lasagna Bread Pudding
25 Stuffed Pork Loin Trifle	26 Paprika Chicken OR Braised Beef Tips Profiteroles	27 Breaded Haddock OR Fettuccine Alfredo Small Fruit and Cheese Plate	28 Veal Parmasen OR Mushroom & Pea Risotto Apple Crisp	29 Beef Stroganoff OR Baked Salmon Cherry Clafoutus	30 BBQ Rib Night Chocolate Pudding Cake	31 HALLOWEEN Jack O Lantern Stuffed Peppers OR Roast Beast Pumpkin Cheesecake 