



THE CEDARS at DAWSON HEIGHTS

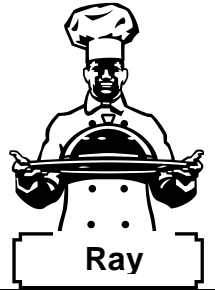
LUNCH Menu for the Month of February 2021 Served 12:00 – 12:30pm

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

Fresh made sandwiches always available at lunch

Tossed greens always available

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Deli Sandwiches w/ Sweet Pickles & Chips Stewed Fruit	2 Sloppy Joes w/ Peas Peaches & Cream	3 Chicken Quesadilla w/ Salsa, Sour Cream & Guacamole Peanut Butter Cookies	4 Southern Breaded Pollock Bites w/ Garden Salad Date Squares	5 Open Faced Turkey Sandwich w/ Peas Fruit Plate	6 Shrimp Croissant w/ Carrot & Raisin Salad Ice Cream Treats
7 Corned Beef Hash w/ Fried Eggs Banana Zucchini Bread	8 Perogies w/ Bacon, Onions & Sour Cream Fruit Salad	9 Ploughman's Lunch Magic Squares	10 Grilled Tomato & Swiss Sandwich Chocolate Chip Cookies	11 Chef's Choice Quiche w/ Garden Salad Fruit Plate	12 Ham Salad Sandwich Lemon Tart	13 Clubhouse w/ Bean Salad Tapioca Pudding
14 <u>Valentine's Day</u> Waffles with Strawberries Coconut Pecan Cupcakes	15 <u>Family Day</u> Monte Cristo Oatmeal Raisin Cookies	16 Buttermilk Pancakes w/ Bacon Nanaimo Bars	17 Cobb Salad & Roll Berries & Cream	18 Beef Dip w/ Fries Fruit Salad	19 Tuna Melt w/ Caesar Salad Apple Raisin Rice Pudding	20 Chicken Wings w/ Veggies and Dip Fruit Plate
21 Eggs Florentine Ginger Cookies	22 Macaroni & Cheese w/ Tomato Slices Coconut Kisses	23 Beef Sliders w/ Fries Fruit Salad	24 Egg Salad Sandwich w/ Chips & Pickles Gluten Free Brownies	25 Chicken Burger w/ Potato Salad Fruit Plate	26 Fish & Chips w/ Coleslaw Peach Slices	27 BLT w/ Cucumber Salad Chocolate Pudding
28 Chef's Choice Omelette Snickerdoodles	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***					



THE CEDARS at DAWSON HEIGHTS

DINNER Menu for the Month of February 2021 Served 5:00 – 5:30pm



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Cheese Ravioli OR Veal Cutlet Caramel Custard	2 Turkey Sausage w/ Apple Chutney OR Arctic Char Cherry Strudel	3 Shepherd's Pie OR Stuffed Portobello Mushrooms Baked Apples w/ Custard	4 Ham Steaks OR Mediterranean Chicken Mixed Berry Pie	5 Lamb Souvlaki OR Baked Steelhead Chocolate Pudding Cake	6 Shake & Bake Chicken OR Stuffed Peppers Tiramisu
7 Beef Pot Roast Lemon Meringue Pie	8 Swedish Meatballs OR Sole w/ Orange Butter Sauce Rhubarb Crisp	9 Maple Bacon Lentil Stew OR Teriyaki Chicken Pecan Pie	10 Cabbage Rolls OR Red Snapper Carrot Cake	11 Turkey a la King OR Pork & Pineapple Kabobs Fruit Tarts	12 <u>Chinese New</u> <u>Year</u> Spring Roll Chicken Chow Mein Szechwan Beef Mango Mousse	13 Meatloaf OR Vegetable Pot Pies Zucchini Chocolate Cake
14 <u>Valentine's Day</u> Linguine w/ Pesto Prawns OR Duck Confit Red Velvet Cake	15 <u>Family Day</u> Veal Parmesan OR Seafood Bouillabaisse Cheesecake	16 Chicken & Yam Pie OR Beef Stroganoff Small Cheese Plate	17 Lamb Patties OR Oven Poached Cod Fillet Chocolate Brownie Cake	18 Pan Fried Trout OR Spanish Pork Chops Pear Betty	19 Pizza Night w/ Caesar Salad Fruit Cocktail Cake	20 Pork Pot Pie OR Spaghetti w/ Meat Sauce Trifle
21 Baked Ham w/ Scalloped Potatoes Bread Pudding	22 Chicken Florentine OR Bangers & Mash 3 Milk Cake	23 Catch of the Day OR Swiss Steak Panna Cotta	24 Wild Mushroom Risotto OR Lamb Chops Pineapple Upside Down Cake	25 Braised Beef Tips OR Vegetarian Chili Triple Berry Crisp	26 BBQ Ribs w/ Baked Potato Fruit Crepes	27 Vegetarian Lasagna OR Veal Stew Applesauce Cake
28 Turkey Dinner w/ Sage Stuffing Apple Pie	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***					