



THE CEDARS at DAWSON HEIGHTS

LUNCH Menu for the Month of MARCH 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 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
	1 Shrimp, Sundried Tomato & Artichoke Salad w/ Focaccia Fruit Plate	2 Ploughman's Lunch Bananas & Cream	3 Beef Patty Melt w/ Yam Fries Nanaimo Bars	4 Chef's Choice Quiche w/ Garden Salad Stewed Fruit	5 Smoked Turkey & Pesto Sandwich w/ Chips & Pickles Fruit Salad	6 Mild Beef Chili w/ Corn Muffin Rice Krispie Squares
7 Poached Eggs w/ Bacon Coconut Kisses	8 Beef Dip w/ Fries Peanut Butter Cookies	9 Clubhouse w/ Cucumber Salad Fruit Salad	10 Chef Salad w/ Fresh Roll Applesauce	11 Fish & Chips w/ Coleslaw Vanilla Yogurt	12 Grilled Tomato & Cheese Sandwich w/ Chips Ginger Cookies	13 Hot Dogs w/ Yam Fries Fruit Plate
14 Fried Eggs w/ Sausage & Hash Browns Fruit Jell-O	15 Hawaiian Pizza Melt w/ Veggies & Dip Pear Halves	16 Egg Salad Croissant w/ Broccoli Salad Fruit Plate	17 <u>ST. PATRICK'S DAY</u> Corned Beef on Rye w/ Sweet Pickles Choc Chip Cookies	18 BLT w/ Potato Salad Pumpkin Rice Pudding	19 BBQ Pork on a Bun w/ Baked Beans Fruit Salad	20 Macaroni & Cheese w/ Tomato Slices Tapioca Pudding
21 Chef's Choice Omelette Oatmeal Raisin Cookies	22 Chicken Wings w/ Carrot Salad Apricots	23 Ham Salad Sandwich Fruit Salad	24 Nicoise Salad Rainbow Sherbet	25 Perogies w/ Bacon, Onions & Sour Cream Shortbread Cookies	26 Toad in the Hole Banana Loaf	27 Chicken Salad Sandwich Fruit Plate
28 Buttermilk Pancakes w/ Bacon Chocolate Pudding	29 Egg Salad Sandwich Berry Yogurt	30 Chicken Strips w/ Caesar Salad Blondies	31 Tuna Salad Wrap Fruit Salad	***MENU SUBJECT TO CHANGE WITHOUT NOTICE***		



THE CEDARS at DAWSON HEIGHTS

DINNER Menu for the Month of MARCH 2021 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
	1 Chicken Cacciatore OR Tofu Fried Rice Fruit Crepes	2 Fettuccine Alfredo OR Tourtière Caramel Custard	3 Breaded Haddock OR 3 Bean & Bacon Cassoulet Tiramisu	4 Catch of the Day OR Pork Cutlet Pumpkin Pie	5 Spinach Cannelloni OR Braised Beef Tips Black Forest Cake	6 Shake & Bake Chicken OR Almond Trout Trifle
7 Stuffed Porkloin Fruit Tarts	8 Chicken Breast w/ Cherry Sauce OR Bangers & Mash Profiteroles	9 Liver & Onions OR Arctic Char Pear Betty	10 Pork Pot Pie OR Eggplant au Gratin Apple Pecan Phyllo Crisps	11 Penne w/ Ham & Peas OR Meatloaf Lemon Pudding Cake	12 Lamb Patties OR Chicken a la King Berry Mousse	13 Chicken Parmesan OR German Meatballs Fruit Cocktail Cake
14 Beef Pot Roast Pecan Pie	15 Lamb Chops OR Turkey Sausage Carrot Cake	16 Red Snapper OR Braised Swiss Steak w/ Onions Baked Apples w/ Warm Custard	17 ST PATRICK'S DAY Irish Stout Beef Stew w/ Soda Bread OR Cod Cakes Peppermint Brownies 	18 Veal Cutlets OR Veggie Risotto Berry Shortcake	19 Chicken Adobo OR Baked Salmon Fillet Small Cheese Tray	20 Turkey Patties OR Pepper Steak 3 Milk Cake
21 Baked Ham w/ Scalloped Potatoes Cheesecake	22 Baked Tortellini OR Roasted PorkTenderloin Bread Pudding	23 Orange Chicken OR Breaded Sole Ice Cream	24 Salisbury Steak OR Garlic Prawns Butter Tart Coffee Cake	25 Lamb Stew OR Chicken Breast Florentine Stewed Rhubarb w/ Warm Custard	26 BBQ Ribs w/ Baked Potato Chocolate Mousse	27 Veggie Lasagna OR Crab Cakes Berry Crisp
28 Turkey Dinner w/ Sage Stuffing Apple Pie	29 Baked Cod Loin OR Veal Stew Zucchini Chocolate Cake	30 Beef Stroganoff OR Sundried Tomato Pesto Linguine Sour Cherry Cobbler	31 Chicken Piccata OR Moussaka Pineapple Upside Down Cake	***MENU SUBJECT TO CHANGE WITHOUT NOTICE***		