



**Ray**

# THE CEDARS at DAWSON HEIGHTS

## LUNCH Menu for the Month of MARCH 2022 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
		<b>1</b> Buttermilk Pancakes w/ Bacon  Pear Halves	<b>2</b> Beef Patty Melt w/ Yam Fries  Nanaimo Bars	<b>3</b> Chef's Choice Quiche w/ Garden Salad  Berry Yogurt	<b>4</b> Smoked Turkey & Pesto Sandwich w/ Chips & Pickles  Fruit Salad	<b>5</b> Mild Beef Chili w/ Corn Muffin  Rice Krispie Squares
<b>6</b> Poached Eggs w/ Bacon  Coconut Kisses	<b>7</b> Beef Dip w/ Fries  Peanut Butter Cookies	<b>8</b> Clubhouse w/ Cucumber Salad  Fruit Salad	<b>9</b> Shrimp, Sundried Tomato & Artichoke Salad w/ Focaccia Applesauce	<b>10</b> Fish & Chips w/ Coleslaw  Vanilla Yogurt	<b>11</b> Grilled Tomato & Cheese Sandwich w/ Chips  Ginger Cookies	<b>12</b> Hot Dogs w/ Yam Fries  Fruit Plate
<b>13</b> Fried Eggs w/ Sausage & Hash Browns  Fruit Jell-O	<b>14</b> Hawaiian Pizza Melt w/ Veggies & Dip  Pumpkin Rice Pudding	<b>15</b> Egg Salad Croissant w/ Broccoli Salad  Fruit Plate	<b>16</b> BLT w/ Potato Salad  Apricots	<b>17 ST. PATRICK'S DAY</b> Corned Beef on Rye w/ Sweet Pickles  Choc Chip Cookies	<b>18</b> BBQ Pork on a Bun w/ Baked Beans  Fruit Salad	<b>19</b> Macaroni & Cheese w/ Tomato Slices  Tapioca Pudding
<b>20</b> Chef's Choice Omelette  Oatmeal Raisin Cookies	<b>21</b> Chicken Wings w/ Carrot Salad  Pound cake	<b>22</b> Ham Salad Sandwich  Fruit Salad	<b>23</b> Nicoise Salad  Rainbow Sherbet	<b>24</b> Beef Pasty W/ Veggies  Shortbread Cookies	<b>25</b> Perogies w/ Bacon, Onions & Sour Cream  Banana Loaf	<b>26</b> Chicken Salad Sandwich  Fruit Plate
<b>27</b> French Toast w/ Fruit Confit  Chocolate Pudding	<b>28</b> Egg Salad Sandwich  Stewed Fruit	<b>29</b> Chicken Strips w/ Caesar Salad  Date Squares	<b>30</b> Tuna Salad Wrap  Fruit Salad	<b>31</b> Chef Salad w/ Fresh Roll  Gluten Free Brownies	<b>***MENU SUBJECT TO CHANGE WITHOUT NOTICE***</b>	



# THE CEDARS at DAWSON HEIGHTS

## DINNER Menu for the Month of MARCH 2022 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 Fettuccine Alfredo OR Roasted Pork Tenderloin Caramel Custard	2 Breaded Haddock OR 3 Bean & Bacon Cassoulet Tiramisu	3 Spinach Cannelloni OR Pork Cutlet  Pumpkin Pie	4 Sole w/ Orange Butter Sauce OR Pepper Steak Black Forest Cake	5 Shake & Bake Chicken OR Almond Trout Trifle
6 Salmon Wellington  Fruit Tarts	7 Chicken Breast w/ Mushroom Sauce OR Baked Tortellini Profiteroles	8 Liver & Onions OR Arctic Char  Pear Betty	9 Pork Pot Pie OR Eggplant au Gratin Apple Pecan Phyllo Crisps	10 Penne w/ Ham & Peas OR Meatloaf Lemon Pudding Cake	11 Lamb Patties OR Chicken a la King  Berry Mousse	12 Chicken Parmesan OR German Meatballs  Fruit Cocktail Cake
13  Beef Pot Roast  Pecan Pie	14 Lamb Chops OR Turkey Sausage  Carrot Cake	15 Red Snapper OR Braised Swiss Steak w/ Onions Baked Apples w/ Warm Custard	16 Veal Cutlets OR Veggie Risotto  Berry Shortcake	17 <u>ST PATRICK'S DAY</u> Irish Stout Beef Stew w/ Soda Bread OR  Cod Cakes Peppermint Brownies	18 Chicken Adobo OR Baked Salmon Fillet  Small Cheese Tray	19 Turkey Patties OR Pepper Steak  3 Milk Cake
20 Baked Ham w/ Scalloped Potatoes  Cheesecake	21 Bangers and Mash OR Tourtière  Bread Pudding	22 Chicken Cacciatore OR Breaded Sole  Ice Cream	23 Salisbury Steak OR Garlic Prawns Butter Tart Coffee Cake	24 Lamb Stew OR Chicken Fricassee Stewed Rhubarb w/ Warm Custard	25 BBQ Ribs w/ Baked Potato  Chocolate Mousse	26 Veggie Lasagna OR Crab Cakes  Berry Crisp
27 Turkey Dinner w/ Sage Stuffing  Apple Pie	28 Baked Cod Loin OR Veal Stew Zucchini Chocolate Cake	29 Beef Stroganoff OR Sundried Tomato Pesto Linguine Sour Cherry Cobbler	30 Orange Chicken OR Moussaka Pineapple Upside Down Cake	31 Baked Steelhead OR Stuffed Peppers  Fruit Crepes	<b>***MENU SUBJECT TO CHANGE WITHOUT NOTICE***</b>	