







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p style="text-align: center;"><b>*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***</b></p>					 <p><b>1 <u>Canada Day</u></b> Eggs Benedict Fruit Plate</p>	<p><b>2</b> Clubhouse w/ Cucumber Salad Rainbow Sherbet</p>
					<p><b>3</b> Soft Boiled Eggs w/ Bacon Tapioca Pudding</p>	<p><b>4</b> Cod Cakes w/ Green Salad Vanilla Yogurt</p>
<p><b>10</b> Chef's Choice Omelette Bananas &amp; Cream</p>	<p><b>11</b> Chicken Strips w/ Caesar Salad Nanaimo Bars</p>	<p><b>12</b> Egg Salad Sandwich Crushed Pineapple and Yogurt</p>	<p><b>13</b> Macaroni &amp; Cheese w/ Tomato Slices Fruit Salad</p>	<p><b>14</b> Beef Dip w/ Home Fries Coconut Rice Pudding</p>	<p><b>15</b> BLT w/ Potato Salad Fruit Plate</p>	<p><b>16</b> Nicoise Salad Chocolate Chip Cookies</p>
<p><b>17</b> Scrambled Eggs w/ Sausages Fruit Salad</p>	<p><b>18</b> Beef Sliders w/ Yam Fries Peaches and Cream</p>	<p><b>19</b> Grilled Ham and Swiss Sandwich Berry Yogurt</p>	<p><b>20</b> Trio Salad Plate Ginger Cookies</p>	<p><b>21</b> Tuna Melt w/ Asian Slaw Fruit Salad</p>	<p><b>22</b> Deli Sandwich w/ Chips &amp; Pickles Magic Squares</p>	<p><b>23</b> Chef's Salad w/ Fresh Roll Fruit Cocktail</p>
<p><b>24</b> Buttermilk Pancakes w/ Bacon Lemon Squares</p>	<p><b>25</b> Chef's Choice Quiche w/ Veggies Fruit Salad</p>	<p><b>26</b> Chicken Salad Sandwich Gluten Free Brownies</p>	<p><b>27</b> Fish Burger w/ Yam Fries Fruit Plate</p>	<p><b>28</b> Ploughman's Lunch Peanut Butter Cookies</p>	<p><b>29</b> Cobb Salad w/ Fresh Roll Fresh Berries</p>	<p><b>30</b> Sloppy Joe's w/ Peas Rice Krispie Squares</p>
<p><b>31</b> Tomato, Spinach and Cheese Frittata Ice Cream Sandwiches</p>	<p><b>THE CEDARS at DAWSON HEIGHTS</b>  <b><u>LUNCH</u> Menu for the Month of JULY 2022 Served 12:00 – 12:30pm</b>  <b>*** Please ask your Server for the Soup of the Day ***</b>  <b>*** Fresh made sandwiches always available at lunch ***</b>  Tossed greens always available  <b>*** Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request. ***</b></p>					 <p style="text-align: center;"><b>Ray</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Glossary</b> <i>Pavlova - crisp meringue with fruit and whipped cream.</i>  *** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***					<b>1 Canada Day</b> Chicken OR Salmon Plate w/ Corn on the Cob & Potato Salad Ice Cream Treats	<b>2</b> Lamb Souvlaki OR Seafood Pot Pie Cream Cheese Pound Cake
<b>3</b> Roast Turkey w/ Trimmings  Blueberry Pie	<b>4</b> Cheese Cannelloni OR Bangers & Mash  Tiramisu	<b>5</b> Stuffed Zucchini OR Chicken Florentine Butter Tart Coffee Cake	<b>6</b> Sole w/ Citrus Butter Sauce OR Moussaka Panna Cotta	<b>7</b> Veggie Pot Pie OR Beef Noodle Casserole Black Forest Cake	<b>8</b> Teriyaki Chicken OR Arctic Char  Berry Crisp	<b>9</b> Beef Bourguignon OR Tortellini in a Cream Sauce Trifle
<b>10</b> Baked Ham w/ Scalloped Potatoes  Cheesecake	<b>11</b> Lamb Chops OR Red Snapper  Rhubarb Pie	<b>12</b> Veal Cutlet OR Stuffed Tomatoes  Fruit Flan	<b>13</b> Pepper Steak OR Rainbow Trout Chocolate Pudding Cake	<b>14</b> Grilled Chicken Cold Plate  Strawberry Shortcake	<b>15</b> Grilled Lamb Patties OR Maui Pork Chops  Bread Pudding	<b>16</b> Vegetarian Lasagna OR Beef Stroganoff Carrot Cake
<b>17</b> Salmon Wellington  Pecan Pie	<b>18</b> Stuffed Peppers OR Chicken Almandine  Ice Cream Sundae	<b>19</b> Grilled Prawns OR Veal Stew  Strawberry Mousse	<b>20</b> Turkey Patties OR Pork Pot Pie  Fruit Crepes	<b>21</b> Shake & Bake Chicken OR Penne w/ Tomatoes & Bacon Applesauce Cake	<b>22</b> Mahi Mahi OR Grilled Bratwurst  Caramel Custard	<b>23</b> Shepherds' Pie OR Fish Cakes  Baked Apples
<b>24</b> Beef Pot Roast  3 Milk Cake	<b>25</b> Dijon Garlic Pork Tenderloin OR Baked Salmon  Small Cheese Plate	<b>26</b> Ham Cold Plate  Frozen Lemonade Pie	<b>27</b> Tourtiere OR Turkey Sausage w/ Apple Chutney Chocolate Zucchini Cake	<b>28</b> Salisbury Steaks OR Breaded Haddock  Banana Cream Pie	<b>29</b> BBQ Ribs w/ Baked Potato  Pineapple Upside Down Cake	<b>30</b> Seafood Bouillabaisse OR Linguine w/ Sundried Tomato Pesto Pavlova
<b>31</b> Marinated Pork Loin Roast  Apple Pie						
<b>THE CEDARS at DAWSON HEIGHTS</b> <b>DINNER Menu for the Month of JULY 2022 Served 5:00 – 5:30pm</b> 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.***						