







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>THE CEDARS at DAWSON HEIGHTS</b> <b>LUNCH Menu for the Month of AUGUST 2022 Served 12:00 – 12:30pm</b> *** 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.*** 						
	<b>1 BC DAY</b>  <b>Waffles with Strawberries</b>  <b>Date Squares</b>	<b>2</b>  <b>Cold Cuts &amp; Cheese w/ Roll</b>  <b>Fruit Plate</b>	<b>3</b> <b>BLT w/ Carrot Salad</b>  <b>Oatmeal Raisin Cookies</b>	<b>4</b> <b>Pesto Chicken Salad Sandwich</b>  <b>Fruit Salad</b>	<b>5</b> <b>Grilled Ham &amp; Cheese w/ Veggies &amp; Dip</b>  <b>Stewed Rhubarb</b>	<b>6</b> <b>Chef Salad w/ Roll</b>  <b>Strawberries and Cream</b>
<b>7</b> <b>Chef's Choice Omelette</b>  <b>Banana Brownies</b>	<b>8</b> <b>Fish &amp; Chips w/ Coleslaw</b>  <b>Peaches and Cream</b>	<b>9</b> <b>Chef's Choice Quiche w/ Veggies</b>  <b>Peanut Butter Chocolate Squares</b>	<b>10</b> <b>Ham &amp; Swiss Sandwich w/ Chips &amp; Sweet Pickles</b>  <b>Frozen Yogurt</b>	<b>11</b> <b>Roasted Pear Salad w/ Provolone Cheese &amp; Walnuts</b>  <b>Fruit Plate</b>	<b>12</b> <b>Smoked Turkey Sandwich</b>  <b>Apricots</b>	<b>13</b> <b>BBQ Pork on a Bun w/ Coleslaw Shortbread Cookies</b>
<b>14</b> <b>Fried Eggs w/ Bacon</b>  <b>Ambrosia</b>	<b>15</b> <b>Chicken Strips w/ Caesar Salad</b>  <b>Fruit Plate</b>	<b>16</b> <b>Deli Sandwich w/ Pickles and Chips</b>  <b>Lemon Squares</b>	<b>17</b> <b>Macaroni &amp; Cheese w/ Sliced Tomatoes</b>  <b>Ginger Cookies</b>	<b>18</b> <b>Egg Salad Croissant</b>  <b>Fruit Salad</b>	<b>19</b> <b>Beef Dip w/ Home Fries</b>  <b>Ice Cream</b>	<b>20</b> <b>Single Clubhouse w/ Carrot Salad</b>  <b>Fresh Berries</b>
<b>20</b> <b>Buttermilk Pancakes w/ Sausages</b>  <b>Fruit Jello</b>	<b>22</b> <b>Baked Salmon w/ Garden Salad</b>  <b>Fruit Salad</b>	<b>23</b> <b>Light Curried Chicken Wrap</b>  <b>Blondies</b>	<b>24</b> <b>Ploughman's Lunch</b>  <b>Fruit Plate</b>	<b>25</b> <b>Beef Sliders w/ Fries</b>  <b>Chocolate Chip Cookies</b>	<b>26</b> <b>Quinoa Tabbouleh Salad w/ Grilled Chicken</b>  <b>Lemon Tarts</b>	<b>27</b> <b>Tuna Salad Sandwich</b>  <b>Snickerdoodles</b>
<b>28</b> <b>Scrambled Eggs w/ Bacon</b>  <b>Fruit Salad</b>	<b>29</b> <b>Hot Dogs w/ Fries</b>  <b>Fruit Yogurt</b>	<b>30</b> <b>Raisin Scones w/ Cottage Cheese &amp; Fresh Fruit</b>  <b>Vanilla Pudding</b>	<b>31</b> <b>Cobb Salad</b>  <b>Rainbow Sherbet</b>	<b>*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***</b>		

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 <h2 style="margin: 0;">THE CEDARS at DAWSON HEIGHTS</h2> <h3 style="margin: 0;">DINNER Menu for the Month of AUGUST 2022 served 5:00 – 5:30pm</h3> <p style="margin: 0;">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. Chef salad available with notice***</p>  <p style="margin: 0;">**Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request.**</p>						
	<b>1 BC DAY</b> Halibut Burger OR Beef Burger w/ Potato Salad  Ice Cream Sundaes	<b>2</b> Chicken Parmesan OR Pasta Primavera  Bread Pudding	<b>3</b> Cod Fillets OR Veal Cutlets  Coconut Buttermilk Pound Cake	<b>4</b> Bangers & Mash OR Stuffed Tomatoes  Fruit Chiffon Pie	<b>5</b> Arctic Char OR Lamb Patties  Ice Cream Treats	<b>6</b> Chicken w/ Herb Gravy OR Linguine w/ Clams Apple Crisp
<b>7</b> Baked Ham w/Scalloped Potatoes  Lemon Meringue Pie	<b>8</b> Lemon Herb Chicken OR Saffron Vegetable Risotto Sour Cream Coffee Cake	<b>9</b> Turkey Patties OR Fisherman's Pie  Small Cheese Plate	<b>10</b> Chicken Cold Plate  Baked Apples	<b>11</b> Spaghetti w/ Meat Sauce OR Veggie Pot Pie Peach Upside Down Cake	<b>12</b> Teriyaki Chicken OR Catch of the Day  Chocolate Mint Frozen Pie	<b>13</b> Pan-fried Red Snapper OR Liver and Onions  Pear Betty
<b>14</b> Beef Pot Roast  Cheesecake	<b>15</b> Shrimp Casserole OR Veal Parmesan  Deep Dish Brownies	<b>16</b> Chicken Florentine OR Braised Lamb Chops Fruit Crepes	<b>17</b> Ham Cold Plate  Strawberry Romanoff	<b>18</b> Pork Pot Pie OR Eggplant Gratin  Panna Cotta	<b>19</b> Lamb Souvlaki OR Steelhead Fillet  Three Milk Cake	<b>20</b> Salisbury Steaks OR Breaded Sole  Tiramisu
<b>21</b> Roast Turkey w/ Trimmings  Apple Pie	<b>22</b> BBQ Chicken OR Grilled Bratwurst  Trifle	<b>23</b> Braised Beef Tips OR Crusted Alaskan Pollock Carrot Cake	<b>24</b> Fettuccine Alfredo OR Lamb Stew  Berry Strudel	<b>25</b> Breaded Haddock OR Swiss Steak  Fruit Flan	<b>26</b> BBQ Rib Night  Applesauce Cake	<b>27</b> Tourtière OR Veggie Chili  Caramel Custard
<b>28</b> Salmon Wellington  Pecan Pie	<b>29</b> Vegetable Lasagna OR Ham Steaks Zucchini Chocolate Cake	<b>30</b> Beef Pot Pies OR Stuffed Peppers  Boston Cream Pie	<b>31</b> Meatloaf OR Fish Cakes  Berries and Cream	<b>*** MENU SUBJECT TO CHANGE WITHOUT NOTICE***</b>		