





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  <div> <b>THE CEDARS at DAWSON HEIGHTS</b>  <b><u>LUNCH</u> Menu for the Month of JANUARY 2023</b>  <b>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.***         </div>  </div>						
<b>1 <u>New Year's Day</u></b> Buttermilk Pancakes w/ Sausages  Fruit Salad	<b>2</b> Chicken Wings w/ Veggies and Dip  Ice Cream Sandwiches	<b>3</b> Grilled Tomato & Cheese Sandwich  Strawberry Yogurt	<b>4</b> Curried Chicken Salad Sandwich  Magic Squares	<b>5</b> Tuna Melt w/ Caesar Salad  Pear Halves	<b>6</b> BBQ Pork on a Bun w/ Coleslaw  Fruit Plate	<b>7</b> Deli Meat Sandwich w/ Potato Salad Double Chocolate Chip Cookies
<b>8</b> Chef's Choice Omelette  Fruit Jell-O	<b>9</b> Turkey Sandwich w/ Carrot Salad  Yogurt & Berries Parfait	<b>10</b> Macaroni & Cheese w/ Tomato Slices  Fruit Salad	<b>11</b> Baked Salmon on a Garden Salad  Cinnamon Cookies	<b>12</b> BLT w/ Fresh Fruit  Coconut Kisses	<b>13</b> Beef Dip w/ Home Fries  Stewed Berries	<b>14</b> Fish & Chips w/ Coleslaw  Ice Cream
<b>15</b> Breakfast Sandwich w/ Hashbrowns  Chocolate Pudding	<b>16</b> Chef's Salad w/ Roll  Fruit Plate	<b>17</b> Roast Beef and Cheddar Sandwich  Gluten Free Brownies	<b>18</b> Ploughman's Lunch  Peanut Butter Cookies	<b>19</b> Chicken and Sundried Tomato Orzo Salad w/ Focaccia Rice Krispie Squares	<b>20</b> Salmon Salad Wrap  Apricots	<b>21</b> Raisin Scone w/ Cottage Cheese  Fruit Salad
<b>22</b> Soft Boiled Eggs w/ Bacon  Butter Tarts	<b>23</b> Monte Cristo w/ Fresh Fruit  Oatmeal Raisin Cookies	<b>24</b> Cobb Salad w/ Fresh Roll  Nanaimo Bars	<b>25</b> Single Clubhouse w/ Chips  Fruit Plate	<b>26</b> Ham & Provolone on Rye w/ Chips & Sweet Pickles Stewed Rhubarb w/ Custard	<b>27</b> Mini Chicken Burgers w/ Yam Fries  Applesauce	<b>28</b> Egg Salad Croissant w/ Carrot Salad  Lemon Tart
<b>29</b> French Toast w/ Fruit Compote  Rice & Raisin Pudding	<b>30</b> Chef's Choice Quiche w/ Mixed Veggies Chocolate Chip Cookies	<b>31</b> Chicken Strips w/ Caesar Salad  Fruit Salad	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  <div> <b>THE CEDARS at DAWSON HEIGHTS</b>  <b>DINNER Menu for the Month of JANUARY 2023 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.         </div>  </div>						
<b>1 New Year's Day</b> Chicken Cordon Bleu  Lemon Meringue Pie	<b>2</b> Beef Pepper Steak OR Vegetable Risotto  Tiramisu	<b>3</b> Garlic Prawns OR Orange Chicken  Black Magic Cake	<b>4</b> Veal Cutlets OR Haddock Fillet  Chocolate Mousse	<b>5</b> Shepherd's Pie OR Vegetarian Lasagna  Blueberry Pie	<b>6</b> Baked Tofu OR Chicken Almandine Baked Apples w/ Warm Custard	<b>7</b> Turkey Sausage OR Seafood Newburg  3 Milk Cake
<b>8</b> Beef Pot Roast  Apple Pie	<b>9</b> Trout Florentine OR Lamb Chops  T'embèque	<b>10</b> Salisbury Steak OR Chicken Coq au Vin  Fruit Cocktail Cake	<b>11</b> Pork Cutlets OR Turkey Loaf  Boston Cream Pie	<b>12</b> Corned Beef & Cabbage OR Baked Tortellini Blueberry Cobbler	<b>13</b> Pork Pot Pie OR Fish Cakes  Caramel Custard	<b>14</b> Chicken Parmesan OR Stuffed Zucchini  After Eight Cake
<b>15</b> Roast Turkey Dinner  Pecan Pie	<b>16</b> Mahi Mahi OR Polynesian Chicken  Mango Mousse	<b>17</b> Pork Tenderloin OR Stuffed Tomatoes  Bread Pudding	<b>18</b> Pan Fried Snapper OR Swiss Steak  Applesauce Cake	<b>19</b> Seafood Bouillabaisse OR Meatloaf Cheese Cake	<b>20</b> Ham Steaks OR Spinach Canneloni  Apple Betty	<b>21</b> Oven Roasted Chicken OR Beef Stew Small Cheese Plate
<b>22</b> Baked Ham w/ Scalloped Potatoes  Carrot Cake	<b>23</b> Turkey Patties OR Baked Cod  Fruit Crepes	<b>24</b> Fettuccine Alfredo OR Chicken Apple Sausage Raisin Pie	<b>25 Robbie Burns Day</b> Roast Beef & Haggis Dinner  Trifle	<b>26</b> Lemon and Herb Roast Chicken OR Stuffed Peppers Panna Cotta	<b>27</b> Rib Night w/ Baked Potato  Pineapple Upside Down Cake	<b>28</b> Tourtière OR Chicken a la King  Ice Cream Sundae
<b>29</b> Salmon Wellington  Coconut Cream Pie	<b>30</b> Bangers & Mash OR Linguine w/ Ham & Peas Pavlova	<b>31</b> Breaded Sole OR Lamb Patties  Fudge Brownies	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***			

