



THE CEDARS at DAWSON HEIGHTS

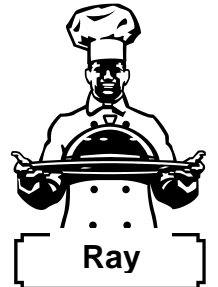
LUNCH Menu for the Month of February 2023 Served 12:00 – 12:30pm

*** Please ask your Server for the Soup of the Day ***

Fresh made sandwiches always available at lunch

Tossed greens always available

Fresh 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 Deli Sandwiches w/ Sweet Pickles & Chips Date Squares	2 Macaroni & Cheese w/ Tomato Slices Peaches & Cream	3 Open Faced Turkey Sandwich w/ Peas Fruit Plate	4 Shrimp Croissant w/ Carrot & Raisin Salad Ice Cream Treats
5 Corned Beef Hash w/ Fried Eggs Banana Zucchini Bread	6 Perogies w/ Bacon, Onions & Sour Cream Fruit Salad	7 Ploughman's Lunch Magic Squares	8 Grilled Tomato & Swiss Sandwich Chocolate Chip Cookies	9 Chef's Choice Quiche w/ Garden Salad Berries & Cream	10 Beef Dip w/ Fries Lemon Tart	11 Cinnamon Roll W/ Cottage Cheese Tapioca Pudding
12 Scrambled Eggs with Sausages Oatmeal Raisin Cookies	13 Chicken Quesadilla w/ Salsa, Sour Cream & Guacamole Nanaimo Bars	14 Valentine's Day French Toast with Strawberries Berry Yogurt	15 Cobb Salad & Roll Blondies	16 Beef Sliders w/ Fries Fruit Salad	17 Tuna Melt w/ Caesar Salad Apple Raisin Rice Pudding	18 Chicken Wings w/ Veggies and Dip Fruit Plate
19 Breakfast Sandwich w/ Hashbrowns Ginger Cookies	20 Family Day Buttermilk Pancakes w/ Bacon Coconut Kisses	21 BLT w/ Cucumber Salad Peach Slices	22 Egg Salad Sandwich w/ Chips & Pickles Gluten Free Brownies	23 Chicken Burger w/ Potato Salad Fruit Plate	24 Fish & Chips w/ Coleslaw Oatmeal Coconut Cookies	25 Clubhouse w/ Bean Salad Chocolate Pudding
26 Chef's Choice Omelette Snickerdoodles	27 Ham and Cheese Pinwheel Stewed Fruit	28 Southern Breaded Pollock Bites w/ Garden Salad Peanut Butter Cookies	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***			



THE CEDARS at DAWSON HEIGHTS

DINNER Menu for the Month of February 2023 Served 5:00 – 5:30pm

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 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 Shepherd's Pie OR Vegetarian Chili 3 Milk Cake	2 Ham Steaks OR Mediterranean Chicken Mixed Berry Pie	3 Lamb Souvlaki OR Baked Steelhead Chocolate Pudding Cake	4 Teriyaki Chicken OR Stuffed Tomatoes Tiramisu
			8 Beef Stroganoff OR Red Snapper Carrot Cake	9 Chicken a la King OR Pork & Pineapple Kabobs Pavlova	10 Pizza Night w/ Caesar Salad Cherry Strudel	11 Meatloaf OR Vegetable Pot Pies Zucchini Chocolate Cake
5 Baked Ham w/ Scalloped Potatoes Lemon Meringue Pie	6 Cheese Canneloni OR Breaded Haddock Rhubarb Crisp	7 Maple Bacon Lentil Stew OR Shake & Bake Chicken Pecan Pie	15 Lamb Patties OR Oven Poached Cod Fillet Chocolate Brownie Cake	16 Pan Fried Trout OR Spanish Pork Chops Pear Betty	17 Turkey Patties OR Arctic Char Fruit Cocktail Cake	18 Pork Pot Pie OR Spaghetti w/ Meat Sauce Trifle
12 Marinated Pork Loin Baked Apples w/ Custard	13 Chicken & Yam Pie OR Veal Cutlet Small Cheese Plate	14 Valentine's Day Linguine w/ Pesto Prawns OR Wine Braised Beef Short Ribs Red Velvet Cake	22 Wild Mushroom Risotto OR Lamb Chops Pineapple Upside Down Cake	23 Braised Beef Tips OR Stuffed Zucchini Triple Berry Crisp	24 BBQ Ribs w/ Baked Potato Fruit Crepes	25 Vegetarian Lasagna OR Veal Stew Applesauce Cake
19 Beef Pot Roast Bread Pudding	20 Family Day Chicken Florentine OR Bangers & Mash Caramel Custard	21 Mahi Mahi OR Swiss Steak Panna Cotta	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***			
26 Turkey Dinner w/ Sage Stuffing Apple Pie	27 Chicken Parmesan OR Seafood Bouillabaisse Cheesecake	28 Pork Tenderloin OR Stuffed Peppers Ice Cream				