



Ray

# THE CEDARS at DAWSON HEIGHTS

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



# THE CEDARS at DAWSON HEIGHTS

## DINNER Menu for the Month of MARCH 2023 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
***MENU SUBJECT TO CHANGE WITHOUT NOTICE***			<b>1</b> Breaded Haddock OR 3 Bean & Bacon Cassoulet Tiramisu	<b>2</b> Spinach Cannelloni OR Pork Cutlet Blueberry Pie	<b>3</b> Sole w/ Orange Butter Sauce OR Pepper Steak Black Forest Cake	<b>4</b> Shake & Bake Chicken OR German Meatballs Trifle
<b>5</b> Salmon Wellington Fruit Tarts	<b>6</b> Chicken Breast w/ Mushroom Sauce OR Baked Tortellini Profiteroles	<b>7</b> Liver & Onions OR Arctic Char Pear Betty	<b>8</b> Pork Pot Pie OR Eggplant au Gratin Apple Pecan Phyllo Crisps	<b>9</b> Penne w/ Ham & Peas OR Braised Beef Tips Lemon Pudding Cake	<b>10</b> Lamb Patties OR Turkey Sausage Pavlova	<b>11</b> Chicken Parmesan OR Almond Trout Fruit Cocktail Cake
<b>12</b> Beef Pot Roast Pecan Pie	<b>13</b> Lamb Chops OR Chicken a la King Carrot Cake	<b>14</b> Red Snapper OR Braised Swiss Steak w/ Onions Baked Apples w/ Warm Custard	<b>15</b> Veal Cutlets OR Veggie Risotto Berry Shortcake	<b>16</b> Chicken Adobo OR Baked Salmon Fillet Small Cheese Tray	<b>17 ST PATRICK'S DAY</b> Irish Stout Beef Stew w/ Soda Bread OR Cod Cakes Peppermint Brownies 	<b>18</b> Turkey Patties OR Meatloaf 3 Milk Cake
<b>19</b> Baked Ham w/ Scalloped Potatoes Cheesecake	<b>20</b> Bangers and Mash OR Tourtière Bread Pudding	<b>21</b> Chicken Cacciatore OR Breaded Sole Ice Cream	<b>22</b> Salisbury Steak OR Garlic Prawns Butter Tart Coffee Cake	<b>23</b> Lamb Stew OR Chicken Fricassee Stewed Rhubarb w/ Warm Custard	<b>24</b> Fettuccine Alfredo OR Roasted Pork Tenderloin Caramel Custard	<b>25</b> Veggie Lasagna OR Crab Cakes Berry Crisp
<b>26</b> Turkey Dinner w/ Sage Stuffing Apple Pie	<b>27</b> Baked Cod Loin OR Veal Stew Zucchini Chocolate Cake	<b>28</b> Beef Stroganoff OR Sundried Tomato Pesto Linguine Sour Cherry Cobbler	<b>29</b> Orange Chicken OR Moussaka Pineapple Upside Down Cake	<b>30</b> Baked Steelhead OR Stuffed Peppers Fruit Crepes	<b>31</b> BBQ Ribs w/ Baked Potato Chocolate Mousse	