







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 THE CEDARS at DAWSON HEIGHTS LUNCH Menu for the Month of AUGUST 2023 Served 12:00 – 12:30pm <i>*** Please ask your Server for the Soup of the Day ***</i> <i>*** Fresh made sandwiches always available at lunch ***</i> Tossed greens always available, <i>*** Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request. ***</i> 						
		1 Cold Cuts & Cheese w/ Roll Fruit Plate	2 BLT w/ Carrot Salad Oatmeal Raisin Cookies	3 Pesto Chicken Salad Sandwich Nanaimo Bars	4 Grilled Ham & Cheese w/ Veggies & Dip Stewed Rhubarb	5 Chef Salad w/ Roll Strawberries and Cream
6 Chef's Choice Omelette Banana Brownies	7 BC DAY Waffles with Strawberries Date Squares	8 Chef's Choice Quiche w/ Veggies Peanut Butter Chocolate Squares	9 Ham & Swiss Sandwich w/ Chips & Sweet Pickles Frozen Yogurt	10 Roasted Pear Salad w/ Provolone Cheese & Walnuts Fruit Plate	11 Smoked Turkey Sandwich Apricots	12 BBQ Pork on a Bun w/ Coleslaw Shortbread Cookies
13 Fried Eggs w/ Bacon Ambrosia	14 Chicken Strips w/ Caesar Salad Fruit Plate	15 Deli Sandwich w/ Pickles and Chips Lemon Squares	16 Macaroni & Cheese w/ Sliced Tomatoes Ginger Cookies	17 Egg Salad Croissant Fruit Salad	18 Beef Dip w/ Home Fries Ice Cream	19 Single Clubhouse w/ Carrot Salad Fresh Berries
20 Buttermilk Pancakes w/ Sausages Fruit Jello	21 Baked Salmon w/ Garden Salad Fruit Salad	22 Light Curried Chicken Wrap Blondies	23 Ploughman's Lunch Fruit Plate	24 Beef Sliders w/ Fries Chocolate Chip Cookies	25 Quinoa Tabbouleh Salad w/ Grilled Chicken Lemon Tarts	26 Tuna Salad Sandwich Snickerdoodles
27 Scrambled Eggs w/ Bacon Fruit Salad	28 Hot Dogs w/ Fries Fruit Yogurt	29 Raisin Scones w/ Cottage Cheese & Fresh Fruit Vanilla Pudding	30 Cobb Salad Rainbow Sherbet	31 Fish & Chips w/ Coleslaw Peaches and Cream	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***	

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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 2023 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>						
		1 Chicken Parmesan OR Pasta Primavera Bread Pudding	2 Cod Fillets OR Veal Cutlets Fruit Crepes	3 Bangers & Mash OR Stuffed Tomatoes Fruit Chiffon Pie	4 Arctic Char OR Lamb Patties Ice Cream Treats	5 Chicken w/ Herb Gravy OR Linguine w/ Clams Apple Crisp
6 Baked Ham w/Scalloped Potatoes Lemon Meringue Pie	7 <u>BC DAY</u> Halibut Burger OR Beef Burger w/ Potato Salad Ice Cream Sundaes	8 Turkey Patties OR Fisherman's Pie Small Cheese Plate	9 Chicken Cold Plate Baked Apples	10 Spaghetti w/ Meat Sauce OR Veggie Pot Pie Peach Upside Down Cake	11 Teriyaki Chicken OR Catch of the Day Chocolate Mint Frozen Pie	12 Pan-fried Red Snapper OR Liver and Onions Pear Betty
13 Beef Pot Roast Cheesecake	14 Shrimp Casserole OR Veal Parmesan Deep Dish Brownies	15 Chicken Florentine OR Braised Lamb Chops Coconut Buttermilk Pound Cake	16 Ham Cold Plate Strawberry Romanoff	17 Pork Pot Pie OR Eggplant Gratin Panna Cotta	18 Lamb Souvlaki OR Steelhead Fillet Three Milk Cake	19 Salisbury Steaks OR Breaded Sole Tiramisu
20 Roast Turkey w/ Trimmings Apple Pie	21 BBQ Chicken OR Grilled Bratwurst Trifle	22 Braised Beef Tips OR Crusted Alaskan Pollock Carrot Cake	23 Fettuccine Alfredo OR Lamb Stew Berry Strudel	24 Breaded Haddock OR Saffron Vegetable Risotto Fruit Flan	25 BBQ Rib Night Applesauce Cake	26 Tourtière OR Veggie Chili Caramel Custard
27 Salmon Wellington Pecan Pie	28 Vegetable Lasagna OR Ham Steaks Zucchini Chocolate Cake	29 Beef Pot Pies OR Stuffed Peppers Boston Cream Pie	30 Meatloaf OR Fish Cakes Fruit Crumble	31 Lemon Herb Chicken OR Swiss Steak Sour Cream Coffee Cake	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE***	