THE CEDARS at DAWSON HEIGHTS
LUNCH Menu for the Month of September 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.

Ray

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***					**1** Chicken Salad Sandwich Strawberry Crumble Bars	**2** Sloppy Joes Tapioca Pudding
3 Chef's Choice Omelette Fruit Salad	**4** Labour Day Waffles w/ Strawberries Berry Yogurt	**5** BLT w/ Carrot Salad Banana Loaf	**6** Deli Sandwich w/ Chips and Pickles Fruit Plate	**7** Chef's Salad w/ Fresh Roll Coconut Rice Pudding	**8** Egg Salad Sandwich Oatmeal Raisin Cookies	**9** Fish & Chips w/ Coleslaw Pear Halves
10 Scrambled Eggs w/ Bacon Fruit Yogurt	**11** Garlic Prawns w/ Garden Salad Fresh Fruit Plate	**12** Ploughman's Lunch Peanut Butter Rice Crisp Squares	**13** Beef Mini Burgers w/ Yam Fries Fruit Salad	**14** Cobb Salad Date Squares	**15** Chicken Strips w/ Caesar Salad Chocolate Chip Cookies	**16** Grilled Cheese & Tomato Sandwich Butterscotch Pudding
17 Blueberry Pancakes Fruit Salad	**18** Raisin Ginger Scone w/ Cheddar Cheese & Fruit Ice Cream	**19** Beef Dip w/ Home Fries Fruit Salad	**20** Macaroni & Cheese w/ Tomato Slices Fruit & Yogurt Parfait	**21** Clubhouse w/ Sweet Pickles Lemon Bars	**22** Ham & Swiss Croissant w/ Cucumber Salad Fruit Plate	**23** Hot Dogs w/ Yam Fries Sherbet
24 Poached Eggs w/ Sausage and Hash Browns Stewed Rhubarb	**25** Chef's Choice Quiche w/ Green Salad Magic Squares	**26** Tuna Melt w/ Veggies & Dip Fruit Plate	**27** Chicken & Sundried Tomato Pasta Salad w/ Fresh Roll Peanut Butter Cookies	**28** Corned Beef and Swiss on Rye w/ Dill Pickles Gluten Free Brownies	**29** Scotch Egg w/ Cucumber & Tomato Slices Frozen Yogurt	**30** Truth and Reconciliation Day Welsh Rarebit w/ Broccoli Berries and Cream

THE CEDARS at DAWSON HEIGHTS
<u>DINNER</u> Menu for the Month of September 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
LABOUR DAY	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE***				**1** Pizza w/ Caesar Salad Fruit Crepes	**2** Pork Souvlaki OR Baked Steelhead Coconut Buttermilk Pound Cake
3 Marinated Porkloin Apple Pie	**4** Labour Day BBQ Breast of Chicken OR Grilled Salmon Fillet Berry Cobbler	**5** Lamb Patties OR Shrimp Casserole Small Cheese Plate	**6** Chicken Florentine OR Stuffed Tomatoes Pineapple Upside Down Cake	**7** Cabbage Rolls OR Dijon Garlic Seared Pork Tenderloin Ice Cream	**8** Veal Cutlet OR Chicken and Apple Sausage Pavlova	**9** Beef Stroganoff OR Butter Chicken Banana Cream Pie
10 Baked Ham w/ Scalloped Potatoes Cheesecake	**11** Shake & Bake Chicken OR Shepherd's Pie Chef's Choice Strudel	**12** Penne w/ Ham and Peas OR Bangers & Mash Fruit Tart	**13** Breast of Chicken w/ Caper Sauce OR Pork Cutlet Black Magic Cake	**14** Baked Cod OR Braised Beef Tips Panna Cotta	**15** Scottish Pie OR Ham Steaks Strawberry Mousse	**16** Chicken Cacciatore OR Catch of the Day Applesauce Cake
17 Pot Roast w/ Trimmings Lemon Meringue Pie	**18** Salisbury Steak OR Red Snapper Profiteroles	**19** Arctic Char OR Turkey Patties Caramel Custard	**20** Veal Parmesan OR Lemon Herb Chicken Pear Crisp	**21** Pepper Steak OR Fisherman's Pie Chocolate Pudding Cake	**22** Vegetarian Lasagna OR Tourtière Tiramisu	**23** Breaded Haddock OR Lamb Chops Chef`s Choice Dessert
24 Roast Turkey w/ Sage Stuffing Sweet Potato Pie	**25** Baked Tofu OR Orange Chicken Carrot Cake	**26** Meat Loaf OR Turkey Sausage w/ Apple Chutney Butter Tarts	**27** Stuffed Portabellas OR Beef Pot Pie Chocolate Zucchini Cake	**28** Sweet Potato Chicken Pie OR Spaghetti w/ Sausage &Tomatoes Lemon Olive Oil Cake	**29** BBQ Rib Night Pecan Pie	**30** Truth and Reconciliation Day Baked Tortellini OR Poached Sole Fruit Cocktail Cake