









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div><b>THE CEDARS AT DAWSON HEIGHTS</b> <b>Lunch Menu for the Month of October 2023 served 12:00 – 12:30pm</b> *** Fruit juices and milk always available *** Please ask your Server for the Soup of the Day *** ***Chef salad available with notice ***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</b> Cinnamon French Toast w/ Fruit Compote  Vanilla Yogurt	<b>2</b> BLT w/ Carrot Salad  Fruit Plate	<b>3</b> Assorted Deli Meats & Cheese w/ Fresh Roll Coconut Pecan Cupcakes	<b>4</b> Mild Beef Chili Con Carne w/ Cornbread  Fruit Salad	<b>5</b> Grilled Pear and Cheese Sandwich  Stewed Berries	<b>6</b> Fish & Chips w/ Coleslaw  Chocolate Chip Cookies	<b>7</b> Egg Salad Croissant  Tapioca Pudding
<b>8</b> Denver Baked Omelettes  Fruit Salad	<b>9 <u>THANKSGIVING</u></b> Buttermilk Pancakes   Berry Parfait	<b>10</b> Chicken & Artichoke Orzo Salad  Nanaimo Bars	<b>11</b> Ham and Tomato Sandwich  Stewed Rhubarb	<b>12</b> Chef's Salad  Frozen Yogurt	<b>13</b> Mediterranean Egg Salad Sandwich  Fruit Salad	<b>14</b> Turkey & Swiss Bunwich  Oatmeal Raisin Cookies
<b>15</b> Fried Eggs w/ Sausages  Berry Yogurt	<b>16</b> Macaroni & Cheese w/ Sliced Tomatoes  Pumpkin Brownies	<b>17</b> Chicken Wrap w/ Veggies and Dip  Yogurt w/ Crushed Pineapple	<b>18</b> Welsh Rarebit w/ Broccoli Spears  Fruit Salad	<b>19</b> Hot Dogs w/ Yam Fries  Peaches and Cream	<b>20</b> Chef's Choice Quiche w/ Mixed Veggies  Fruit Plate	<b>21</b> Beef Dip w/Fries  Hermit Cookies
<b>22</b> Poached Eggs w/ Bacon  Vanilla Pudding	<b>23</b> Corned Beef on Rye w/ Potato Salad  Fruit Salad	<b>24</b> Chicken Quesadilla w/ Guacamole, Salsa & Sour Cream Crackle Top Molasses Cookies	<b>25</b> Cod Cakes w/ Green Salad  Fruit Plate	<b>26</b> Mini Chicken Burgers w/ Fries  Fruit Yogurt	<b>27</b> Devilled Ham Sandwich  Peanut Butter Cookies	<b>28</b> Single Clubhouse w/ Sweet Pickles & Chips Strawberries & Cream
<b>29</b> Welsh Cakes W/ Cottage Cheese and Fruit  Date Squares	<b>30</b> Hawaiian Pizza Melt w/ Caesar Salad  Fruit Salad	<b>31 <u>HALLOWEEN</u></b> Ploughed Man's Lunch w/ Devilish Eggs   Orange Fluff	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div><h2>THE CEDARS AT DAWSON HEIGHTS</h2><h3>Dinner Menu for the Month of October 2023 served 5:00 – 5:30pm</h3><p>All Dinner Entrées are served with specially prepared Potatoes or Rice and Seasonal Fresh Vegetables *** Fresh roll or bread available upon request *** Please ask your Server for today's Daily Feature *** Fruit juices and milk always available *** Soup and chef's salad available with notice ***Tossed greens always available *** ***Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request.***</p></div> <div></div>						
1 Brie and Apple Stuffed Breast of Chicken  After Eight Cake	2 Breaded Sole OR Liver & Onions  Pear Betty	3 Turkey Loaf OR Linguine w/ Sundried Tomatoes Panna Cotta	4 Chicken Almandine OR Stuffed Zucchini  Pavlova	5 Veal Parmesan OR Lamb Patties  Caramel Custard	6 <u>Oktoberfest</u>  Menu to be Announced	7 Chicken à la King OR Cod Fillets  Pound Cake
8 Roast Turkey w/ Trimmings  Pumpkin Pie	9 <u>Thanksgiving</u> Baked Ham w/ Scalloped Potatoes Baked Pears 	10 Bangers & Mash OR Maple Bacon Lentil Stew Lemon Tarts	11 Lamb Chops OR Steelhead Fillet  Chocolate Mousse	12 Teriyaki Chicken OR Fish Cakes  Fruit Crepe	13 Scottish Pie OR Eggplant Parmesan Pumpkin Apple Cake	14 Ham Steaks OR Mahi Mahi  Deep Dish Brownies
15 Beef Pot Roast  Apple Pie	16 Honey Mustard Chicken OR Arctic Char Fruit Tarts	17 Pork Chops OR Lamb Stew  Small Cheese Plate	18 Turkey Sausage w/ Apple Chutney OR Catch of the Day Carrot Cake	19 Spaghetti w/ Meat Sauce OR Dijon Pork Tenderloin Ice Cream	20 Shepherd's Pie OR Seafood Bouillabaisse Hummingbird Cake	21 Pan Fried Trout OR Veggie Lasagna  Bread Pudding
22 Marinated Pork Loin  Trifle	23 Paprika Chicken OR Braised Beef Tips  Profiteroles	24 Breaded Haddock OR Fettuccine Alfredo Zucchini Chocolate Cake	25 Veal Cutlets OR Mushroom & Pea Risotto Apple Crisp	26 Beef Stroganoff OR Baked Salmon  Cherry Clafoutus	27 BBQ Rib Night  Chocolate Pudding Cake	28 Baked Tortellini OR Meatloaf  Butter Tarts
29 Salmon Wellington  Lemon Meringue Pie	30 Salisbury Steaks OR Pan Fried Snapper w/ Lemon Butter Berry Cobbler	31 <u>HALLOWEEN</u> Blood Orange Glazed Chicken Breast OR Witches Hair Pasta Pumpkin Cheesecake 	<u>GLOSSARY</u> PAVLOVA: Meringue with whipped cream and fruit SCOTTISH PIE: Ground beef and spices inside a pastry shell  ***MENU SUBJECT TO CHANGE WITHOUT NOTICE***			