



THE CEDARS at DAWSON HEIGHTS

LUNCH Menu for the Month of November 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 ***			1 Sausage Frittata Rice Pudding	2 Beef Burger w/ Fries Fruit Plate	3 Chef Salad w/ Roll Rhubarb w/ Custard	4 Open Faced Hot Turkey Sandwich Peaches & Cream
5 Waffles w/ Strawberries & Cream Nanaimo Bars	6 Egg Salad Croissant Fruit Salad	7 Clubhouse w/ Sweet Pickles Lemon Squares	8 Chef's Choice Quiche w/ Peas & Carrots Cinnamon Cookies	9 Deli Meat Bunwich w/ Potato Salad Frozen Yogurt	10 Chicken Strips w/ Caesar Salad Fruit Plate	11 <u>REMEMBRANCE</u>  <u>DAY</u> Sloppy Joe's Pound Cake
12 Buttermilk Pancakes w/ Bacon Assorted Desserts	13 Monte Cristo Snickerdoodles	14 Tuna Melt w/ Veggies & Dip Fruit Salad	15 Chicken Breast Salad w/ Walnuts & Provolone Sour Cream Banana Loaf	16 Beef Dip w/ Fries Strawberries and Cream	17 Macaroni & Cheese w/ Tomato Slices Chocolate Pudding	18 Welsh Cakes W/ Fruit & Cottage Cheese Date Squares
19 Scrambled Eggs Corned Beef Hash Vanilla Yogurt	20 Chicken Burger w/ Yam Fries Fruit Salad	21 Fish & Chips w/ Coleslaw Peach Slices	22 Ploughman's Lunch Pecan Tassies	23 Ham on Rye w/ 3 Bean Salad Fruit Plate	24 Perogies w/ Bacon & Onions Apricots	25 Room Service Egg Salad Sandwich w/ Chips Shortbread Cookies
26 Breakfast Sandwich w/ Hash Browns Fruit Salad	27 Raisin Ginger Scone w/ Cottage Cheese Peanut Butter Cookies	28 Grilled Cheese & Tomato Sandwich Ice Cream Sandwiches	29 BLT w/ Carrot Salad Fruit Salad	30 Cobb Salad w/ Fresh Roll Fruit Tarts		



THE CEDARS at DAWSON HEIGHTS

DINNER Menu for the Month of November 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 ***			1 Breaded Sole OR Veal Parmesan After Eight Cake	2 Chicken Stew w/ Dumplings OR Pasta Primavera Caramel Custard	3 Swiss Steak OR Almond Trout Fillet Fruit Cobbler	4 Stuffed Zucchini OR Beef Pepper Steak Three Milk Cake
5 Baked Ham w/ Scalloped Potatoes Bread Pudding	6 Baked Steelhead OR Liver & Onions Fruit Crepes	7 Hungarian Goulash OR Chicken Florentine Zucchini Spice Cake	8 Turkey Sausage OR Braised Beef Tips Tiramisu	9 Poached Cod OR Lamb Patties Applesauce Cake	10 Bangers and Mash OR Stuffed Tomatoes Cheesecake	11 <u>REMEMBRANCE DAY</u> Chicken Almandine OR Ham Steaks Tembleque
12 Beef Pot Roast Lemon Meringue Pie	13 Fettuccine w/ Sausage & Tomatoes OR Breaded Haddock Pineapple Upside Down Cake	14 Tourtière OR Shake and Bake Chicken Panna Cotta	15 Mahi Mahi OR Lamb Souvlaki Apple Pie	16 Eggplant Parmesan OR Pork Chops w/ Hunter Sauce Mango Mousse	17 Saffron Veg. Risotto OR Polynesian Chicken Apple Crisp	18 Meatloaf OR Arctic Char Small Cheese Plate
19 Marinated Porkloin Carrot Cake	20 Salisbury Steak OR Grilled Prawns Blueberry Pie	21 Paprika Chicken OR Veal Cutlet Trifle	22 Turkey Patties OR Baked Tortellini Pavlova	23 Pork Pot Pie OR Fish Cakes Pumpkin Brownies	24 Rib Night w/ Baked Potato Berry Shortcake	25 Fisherman's Pie OR Pork Tenderloin Baked Apples w/ Warm Custard
26 Roast Turkey w/ Sage Stuffing Pecan Pie	27 Stuffed Peppers OR Chicken Apple Sausage Gluten Free Brownies	28 Pork Cutlet OR Red Snapper Carrot Cake	29 Shepherds' Pie OR Veggie Chili Lemon Tarts	30 Lamb Chops OR Traditional Beef Stew Chocolate Mousse		