SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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## THE CEDARS at DAWSON HEIGHTS (250-477-4850) LUNCH Menu for the Month of JANUARY 2024

**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

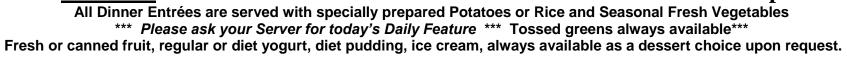
	i resir or car	ined iruit, regular or the	t yogurt, diet padding, it	ce cream, always available	as a dessert choice d	pon request-
	1 New Year's Day	2	3	4	5	6
	Chicken Wings	Grilled Cheese and	Curried Chicken	Tuna Melt	Chili Con Carne	Deli Meat Sandwich
	w/ Veggies and Dip	Tomato Sandwich	Salad Sandwich	w/ Caesar Salad	w/ Corn Muffin	w/ Potato Salad
						Double Chocolate
	Ice Cream	Strawberry Yogurt	Magic Squares	Pear Halves	Fruit Plate	Chip Cookies
	Sandwiches					•
7	8	9	10	11	12	13
Chef's Choice	Turkey Sandwich	Macaroni & Cheese	Baked Salmon	BLT	Beef Dip	Fish & Chips
Omelette	w/ Carrot Salad	w/ Tomato Slices	on a Garden Salad	w/ Fresh Fruit	w/ Home Fries	w/ Coleslaw
Fruit Jell-O	Yogurt & Berries Parfait	Fruit Salad	Cinnamon Cookies	Coconut Kisses	Stewed Berries	Ice Cream
14	15	16	17	18	19	20
<b>Breakfast Sandwich</b>	Chef's Salad	Roast Beef and	Ploughman's	Chicken and	Salmon	Raisin Scone
w/ Hashbrowns	w/ Roll	Cheddar Sandwich	Lunch	Sundried Tomato	Salad Wrap	w/ Cottage Cheese
				Orzo Salad	-	
<b>Chocolate Pudding</b>	Fruit Plate	Gluten Free	Peanut Butter	w/ Focaccia	Apricots	Fruit Salad
•		Brownies	Cookies	Rice Krispie Squares	•	
21	22	23	24	25	26	27
Soft Boiled Eggs	Monte Cristo	Cobb Salad	Single Clubhouse	Ham & Swiss on Rye	Chicken Strips	Egg Salad
w/ Bacon	w/ Fresh Fruit	w/ Fresh Roll	w/ Chips	w/ Chips	w/ Caesar Salad	Croissant
			•	& Sweet Pickles		w/ Carrot Salad
<b>Butter Tarts</b>	Oatmeal Raisin	Nanaimo Bars	Fruit Plate	Stewed Rhubarb	Applesauce	
	Cookies			w/ Custard	• •	Lemon Tart
28	29	3	31			
French Toast	Chef's Choice	Rueben Sandwich	Mini Chicken			
w/ Fruit Compote	Quiche	w/ Sauerkraut	Burgers	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***		
-	w/ Mixed Veggies		w/ Yam Fries	""" IVIENU SUBJE	CT TO CHANGE WITH	HOUT NOTICE """
Rice & Raisin	Chocolate Chip	Fruit Salad				
Pudding	Cookies		Date Squares			

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



## THE CEDARS at DAWSON HEIGHTS (250-477-4850)

## **DINNER** Menu for the Month of JANUARY 2024 Served 5:00 – 5:30pm





	1 New Year's Day	2	3	4	5	6
		Garlic Prawns	Veal Cutlets	Shepherd's Pie	Baked Tofu	Turkey Sausage
	Pizza W/ Caesar	OR	OR	OR	OR	OR
	Salad	Orange Chicken	Haddock Fillet	Vegetarian Lasagna	Chicken Almandine Baked Apples	Seafood Newburg
	Tiramisu	Black Magic Cake	<b>Chocolate Mousse</b>	Blueberry Pie	w/ Warm Custard	3 Milk Cake
7	8	9	10	11	12	13
Beef	Trout Florentine	Salisbury Steak	Pork Cutlets	Mahi Mahi	Pork Pot Pie	Chicken Parmesan
Pot Roast	OR	OŘ	OR	OR	OR	OR
Apple Pie	Lamb Chops	Chicken Coq au Vin	Turkey Loaf	Polynesian Chicken	Fish Cakes	Stuffed Zucchini
	Tembleque	Fruit Cocktail Cake	<b>Boston Cream Pie</b>	Mango Mousse	Caramel Custard	After Eight Cake
14	15	16	17	18	19	20
Roast Turkey	Corned Beef	Pork Tenderloin	Pan Fried Snapper	Seafood	Ham Steaks	Oven Roasted
Dinner	& Cabbage	OR	OR	Bouillabaisse	OR	Chicken
	OR	Stuffed Tomatoes	Swiss Steak	OR	Spinach Canneloni	OR
Pecan Pie	Baked Tortellini			Meatloaf	_	Beef Stew
	Blueberry Cobbler	Bread Pudding	Applesauce Cake	Cheese Cake	Apple Betty	Small Cheese Plate
21	22	23	24	25 Robbie Burns	26	27
Baked Ham	Turkey Patties	Fettuccine Alfredo	Lemon and Herb	Day	Rib Night	Tourtière
w/ Scalloped	OR	OR	Roast Chicken	Roast Beef &	w/ Baked Potato	OR
Potatoes	Baked Cod	Chicken Apple	OR	Haggis Dinner		Chicken a la King
		Sausage	Stuffed Peppers		Pineapple Upside	
Carrot Cake	Fruit Crepes	Raisin Pie	Panna Cotta	Trifle	Down Cake	Ice Cream Sundae
28	29	30	31		1	<u> </u>
Salmon	Bangers & Mash	Breaded Sole	Beef Pepper Steak			
Wellington	OR	OR	OR	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***		
•	Linguine	Lamb Patties	Vegetable Risotto			
Coconut Cream Pie	w/ Ham & Peas		Lemon Meringue			
	Pavlova	Fudge Brownies	Pie			