





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  <div> THE CEDARS at DAWSON HEIGHTS (250-477-4850) <u>LUNCH</u> 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.*** </div>  </div>						
	1 <u>New Year's Day</u> Chicken Wings w/ Veggies and Dip Ice Cream Sandwiches	2 Grilled Cheese and Tomato Sandwich Strawberry Yogurt	3 Curried Chicken Salad Sandwich Magic Squares	4 Tuna Melt w/ Caesar Salad Pear Halves	5 Chili Con Carne w/ Corn Muffin Fruit Plate	6 Deli Meat Sandwich w/ Potato Salad Double Chocolate Chip Cookies
7 Chef's Choice Omelette Fruit Jell-O	8 Turkey Sandwich w/ Carrot Salad Yogurt & Berries Parfait	9 Macaroni & Cheese w/ Tomato Slices Fruit Salad	10 Baked Salmon on a Garden Salad Cinnamon Cookies	11 BLT w/ Fresh Fruit Coconut Kisses	12 Beef Dip w/ Home Fries Stewed Berries	13 Fish & Chips w/ Coleslaw Ice Cream
14 Breakfast Sandwich w/ Hashbrowns Chocolate Pudding	15 Chef's Salad w/ Roll Fruit Plate	16 Roast Beef and Cheddar Sandwich Gluten Free Brownies	17 Ploughman's Lunch Peanut Butter Cookies	18 Chicken and Sundried Tomato Orzo Salad w/ Focaccia Rice Krispie Squares	19 Salmon Salad Wrap Apricots	20 Raisin Scone w/ Cottage Cheese Fruit Salad
21 Soft Boiled Eggs w/ Bacon Butter Tarts	22 Monte Cristo w/ Fresh Fruit Oatmeal Raisin Cookies	23 Cobb Salad w/ Fresh Roll Nanaimo Bars	24 Single Clubhouse w/ Chips Fruit Plate	25 Ham & Swiss on Rye w/ Chips & Sweet Pickles Stewed Rhubarb w/ Custard	26 Chicken Strips w/ Caesar Salad Applesauce	27 Egg Salad Croissant w/ Carrot Salad Lemon Tart
28 French Toast w/ Fruit Compote Rice & Raisin Pudding	29 Chef's Choice Quiche w/ Mixed Veggies Chocolate Chip Cookies	3 Rueben Sandwich w/ Sauerkraut Fruit Salad	31 Mini Chicken Burgers w/ Yam Fries Date Squares	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  <div> THE CEDARS at DAWSON HEIGHTS (250-477-4850) <u>DINNER</u> Menu for the Month of JANUARY 2024 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. </div>  </div>						
	1 <u>New Year's Day</u> Pizza W/ Caesar Salad Tiramisu	2 Garlic Prawns OR Orange Chicken Black Magic Cake	3 Veal Cutlets OR Haddock Fillet Chocolate Mousse	4 Shepherd's Pie OR Vegetarian Lasagna Blueberry Pie	5 Baked Tofu OR Chicken Almandine Baked Apples w/ Warm Custard	6 Turkey Sausage OR Seafood Newburg 3 Milk Cake
7 Beef Pot Roast Apple Pie	8 Trout Florentine OR Lamb Chops Tembleque	9 Salisbury Steak OR Chicken Coq au Vin Fruit Cocktail Cake	10 Pork Cutlets OR Turkey Loaf Boston Cream Pie	11 Mahi Mahi OR Polynesian Chicken Mango Mousse	12 Pork Pot Pie OR Fish Cakes Caramel Custard	13 Chicken Parmesan OR Stuffed Zucchini After Eight Cake
14 Roast Turkey Dinner Pecan Pie	15 Corned Beef & Cabbage OR Baked Tortellini Blueberry Cobbler	16 Pork Tenderloin OR Stuffed Tomatoes Bread Pudding	17 Pan Fried Snapper OR Swiss Steak Applesauce Cake	18 Seafood Bouillabaisse OR Meatloaf Cheese Cake	19 Ham Steaks OR Spinach Canneloni Apple Betty	20 Oven Roasted Chicken OR Beef Stew Small Cheese Plate
21 Baked Ham w/ Scalloped Potatoes Carrot Cake	22 Turkey Patties OR Baked Cod Fruit Crepes	23 Fettuccine Alfredo OR Chicken Apple Sausage Raisin Pie	24 Lemon and Herb Roast Chicken OR Stuffed Peppers Panna Cotta	25 <u>Robbie Burns Day</u> Roast Beef & Haggis Dinner Trifle	26 Rib Night w/ Baked Potato Pineapple Upside Down Cake	27 Tourtière OR Chicken a la King Ice Cream Sundae
28 Salmon Wellington Coconut Cream Pie	29 Bangers & Mash OR Linguine w/ Ham & Peas Pavlova	30 Breaded Sole OR Lamb Patties Fudge Brownies	31 Beef Pepper Steak OR Vegetable Risotto Lemon Meringue Pie	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***		