



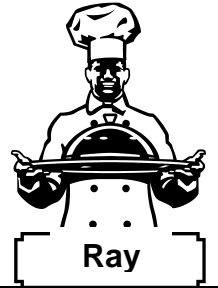
THE CEDARS at DAWSON HEIGHTS (250-477-4850)
LUNCH Menu for the Month of February 2024 Served 12:00 – 12:30pm

*** Please ask your Server for the Soup of the Day ***

Fresh made sandwiches always available at lunch

Tossed greens always available

Fresh 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 Macaroni & Cheese w/ Tomato Slices Peaches & Cream	2 Open Faced Turkey Sandwich w/ Peas Fruit Plate	3 Shrimp Croissant w/ Carrot & Raisin Salad Ice Cream Treats
4 Fried Eggs and Bacon Banana Zucchini Bread	5 Chicken Quesadilla w/ Salsa, Sour Cream & Guacamole Fruit Salad	6 Ploughman's Lunch Magic Squares	7 Grilled Tomato & Swiss Sandwich Chocolate Chip Cookies	8 Chef's Choice Quiche w/ Garden Salad Berries & Cream	9 Southern Breaded Pollock Bites w/ Garden Salad Blondies	10 Cinnamon Roll w/ Cottage Cheese Tapioca Pudding
11 Scrambled Eggs with Sausages Oatmeal Raisin Cookies	12 Deli Sandwiches w/ Sweet Pickles & Chips Nanaimo Bars	13 Beef Dip w/ Fries Lemon Tart	14 <u>Valentine's Day</u> French Toast with Strawberries Berry Yogurt	15 Beef Sliders w/ Fries Fruit Salad	16 Tuna Melt w/ Caesar Salad Apple Raisin Rice Pudding	17 Chicken Wings w/ Veggies and Dip Fruit Plate
18 Breakfast Sandwich w/ Hashbrowns Ginger Cookies	19 <u>Family Day</u> Buttermilk Pancakes w/ Bacon Coconut Kisses	20 BLT w/ Cucumber Salad Peach Slices	21 Egg Salad Sandwich w/ Chips & Pickles Gluten Free Brownies	22 Chicken Burger w/ Potato Salad Fruit Plate	23 Fish & Chips w/ Coleslaw Oatmeal Raisin Cookies	24 Clubhouse w/ Bean Salad Chocolate Pudding
25 Chef's Choice Omelette Snickerdoodles	26 Ham and Cheese Pinwheel Stewed Fruit	27 Chicken Strips & Caesar Salad Peanut Butter Cookies	28 Perogies w/ Bacon, Onions & Sour Cream Date Squares	29 Cobb Salad & Roll Fruit Salad		



THE CEDARS at DAWSON HEIGHTS (250-477-4850)
DINNER Menu for the Month of February 2024 Served 5:00 – 5:30pm



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 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 Ham Steaks OR Mediterranean Chicken Mixed Berry Pie	2 Lamb Souvlaki OR Baked Steelhead Chocolate Pudding Cake	3 Teriyaki Chicken OR Stuffed Tomatoes Tiramisu
4 Baked Ham w/ Scalloped Potatoes Lemon Meringue Pie	5 Wild Mushroom Risotto OR Breaded Haddock Rhubarb Crisp	6 Maple Bacon Lentil Stew OR Shake & Bake Chicken Pecan Pie	7 Beef Stroganoff OR Red Snapper Carrot Cake	8 Chicken a la King OR Pork & Pineapple Kabobs Pavlova	9 Polenta W/ Four Cheeses OR Salisbury Steak Cherry Strudel	10 <u>Chinese New Year</u> Chicken Chow Mein, Ginger Beef & Spring Rolls Mango Ice Cream
11 Marinated Pork Loin Baked Apples w/ Custard	12 Chicken & Yam Pie OR Veal Cutlet Small Cheese Plate	13 Cheese Cannelloni OR Lamb Chops Zucchini Chocolate Cake	14 <u>Valentine's Day</u> Linguine w/ Pesto Prawns OR Duck Confit Red Velvet Cake	15 Vegetarian Chili OR Spanish Pork Chops Pear Betty	16 Turkey Patties OR Arctic Char Fruit Cocktail Cake	17 Pork Pot Pie OR Spaghetti w/ Meat Sauce Trifle
18 Beef Pot Roast Bread Pudding	19 <u>Family Day</u> Chicken Florentine OR Bangers & Mash Caramel Custard	20 Mahi Mahi OR Swiss Steak Panna Cotta	21 Meatloaf OR Vegetable Pot Pies Fruit Crepes	22 Braised Beef Tips OR Stuffed Zucchini 3 Milk Cake	23 BBQ Ribs w/ Baked Potato Pineapple Upside Down Cake	24 Vegetarian Lasagna OR Veal Stew Applesauce Cake
25 Turkey Dinner w/ Sage Stuffing Apple Pie	26 Chicken Parmesan OR Seafood Bouillabaisse Cheesecake	27 Pork Tenderloin OR Stuffed Peppers Ice Cream	28 Shepherd's Pie OR Pan Fried Trout Triple Berry Crisp	29 Lamb Patties OR Oven Poached Cod Fillet Chocolate Brownie Cake		