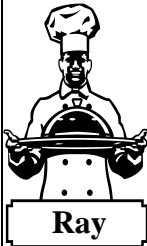





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 THE CEDARS at DAWSON HEIGHTS (250-477-4850) <u>LUNCH</u> Menu for the Month of MARCH 2024 Served 12:00 – 12:30pm ***Please ask your Server for the Soup of the Day*** Fresh made sandwiches always available at lunch*** Tossed greens always available					1 Smoked Turkey & Pesto Sandwich w/ Chips & Pickles Magic Squares	2 Chef's Choice Quiche w/ Broccoli Salad Rice Krispie Squares
3 Poached Eggs w/ Bacon Date Squares	4 Beef Dip w/ Fries Peanut Butter Cookies	5 Clubhouse w/ Cucumber Salad Fruit Salad	6 Shrimp, Sundried Tomato & Artichoke Salad w/ Focaccia Applesauce	7 Ploughman's Lunch Berries and Cream	8 Grilled Tomato & Cheese Sandwich w/ Chips Ginger Cookies	9 Hot Dogs w/ Yam Fries Fruit Plate
10 Fried Eggs w/ Sausage & Hash Browns Fruit Jell-O	11 Hawaiian Pizza Melt w/ Veggies & Dip Pumpkin Rice Pudding	12 Egg Salad Croissant w/ Broccoli Salad Fruit Plate	13 BLT w/ Potato Salad Apricots	14 Beef Patty Melt w/ Yam Fries Fruit Salad	15 Corned Beef on Rye w/ Sweet Pickles Nanaimo Bars	16 Macaroni & Cheese w/ Tomato Slices Tapioca Pudding
17 <u>ST. PATRICK'S DAY</u> Colcannon Hash w/ Scrambled Eggs Choc Chip Cookies	18 Chicken Wings w/ Carrot Salad Pound cake	19 Ham Salad Sandwich Fruit Salad	20 Nicoise Salad Rainbow Sherbet	21 Fish & Chips w/ Coleslaw Shortbread Cookies	22 Perogies w/ Bacon, Onions & Sour Cream Banana Loaf	23 Chicken Salad Sandwich Fruit Plate
24 Buttermilk Pancakes w/ Bacon Pear Halves	25 Egg Salad Sandwich Stewed Fruit	26 Chicken Strips w/ Caesar Salad Coconut Kisses	27 Tuna Salad Wrap Fruit Salad	28 Chef Salad w/ Fresh Roll Gluten Free Brownies	29 <u>GOOD FRIDAY</u> Hot Cross Buns w/ Cottage Cheese Peach Slices	30 Beef Slider w/ Yam Fries Vanilla Yogurt
31 <u>EASTER SUNDAY</u> Chef's Choice Omelette Oatmeal Raisin Cookies	***Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request.*** ***MENU SUBJECT TO CHANGE WITHOUT NOTICE***					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
THE CEDARS at DAWSON HEIGHTS (250-477-4850) DINNER Menu for the Month of MARCH 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						1 Fettuccine Alfredo OR Liver and Onions Lemon Meringue Pie	2 Shake & Bake Chicken OR German Meatballs Trifle
3 Salmon Wellington Fruit Tarts	4 Chicken Breast w/ Mushroom Sauce OR Baked Tortellini Profiteroles	5 Lamb Stew OR Arctic Char Pear Betty	6 Pork Pot Pie OR Eggplant au Gratin Tiramisu	7 Penne w/ Ham & Peas OR Braised Beef Tips Olive Oil Cake	8 Lamb Patties OR Turkey Sausage Pavlova	9 Chicken Parmesan OR Almond Trout Fruit Cocktail Cake	
10 Beef Pot Roast Pecan Pie	11 Lamb Chops OR Chicken a la King Carrot Cake	12 Red Snapper OR Braised Swiss Steak w/ Onions Baked Apples w/ Warm Custard	13 Veal Cutlets OR Veggie Risotto Berry Shortcake	14 Chicken Adobo OR Baked Salmon Fillet Small Cheese Tray	15 Spinach Cannelloni OR Pork Cutlet Blueberry Pie	16 Turkey Patties OR Meatloaf 3 Milk Cake	
17 <u>ST PATRICK'S DAY</u> Irish Stout Beef Stew w/ Soda Bread OR Cod Cakes Peppermint Brownies	18 Bangers and Mash OR Tourtière Bread Pudding	19 Breaded Haddock OR Shepherd's Pie Ice Cream	20 Salisbury Steak OR Garlic Prawns Butter Tart Coffee Cake	21 Pepper Steak OR Chicken Fricassee Stewed Rhubarb w/ Warm Custard	22 BBQ Ribs w/ Baked Potato Chocolate Mousse	23 Veggie Lasagna OR Crab Cakes Berry Crisp	
24 Turkey Dinner w/ Sage Stuffing Apple Pie	25 Baked Cod Loin OR Veal Stew Zucchini Chocolate Cake	26 Beef Stroganoff OR Sundried Tomato Pesto Linguine Panna Cotta	27 Orange Chicken OR Moussaka Pineapple Upside Down Cake	28 Baked Steelhead OR Stuffed Peppers Fruit Crepes	29 <u>GOOD FRIDAY</u> Coconut Crusted Tilapia OR Roasted Pork Tenderloin Caramel Custard	30 Chicken Cacciatore OR Sole w/ Orange Butter Sauce Black Forest Cake	
31 <u>EASTER SUNDAY</u> Baked Ham w/ Scalloped Potatoes Cheesecake	 ***Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request*** ***MENU SUBJECT TO CHANGE WITHOUT NOTICE***						