

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 April 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.\*\*\*

	<b>1 <u>EASTER MONDAY</u></b> <b>Breakfast Grains</b> <b>w/ Fruit Compote</b> <b>&amp; Blueberry Scone</b>  <b>Vanilla Yogurt</b>	<b>2</b> <b>Beef Dip</b> <b>w/ Fries</b>  <b>Gluten Free</b> <b>Brownies</b>	<b>3</b> <b>Ham and Swiss</b> <b>on Rye</b>  <b>Bananas &amp; Cream</b>	<b>4</b> <b>Clubhouse</b> <b>w/ Carrot Salad</b>  <b>Chocolate Chip</b> <b>Cookies</b>	<b>5</b> <b>Bran Muffin</b> <b>w/ Cheddar Cheese</b>  <b>Peach Slices</b>	<b>6</b> <b>Deli Sandwiches</b> <b>w/ Pickles &amp; Chips</b>  <b>Fruit Salad</b>
<b>7</b> <b>Scrambled Eggs</b> <b>w/ Sausages</b>  <b>Yogurt Parfait</b>	<b>8</b> <b>Egg Salad</b> <b>Croissant</b> <b>w/ Carrot Raisin</b> <b>Salad</b> <b>Magic Squares</b>	<b>9</b> <b>Chicken Salad</b> <b>Sandwich</b>  <b>Fruit Salad</b>	<b>10</b> <b>Spinach Salad</b> <b>w/ Focaccia</b>  <b>Ice Cream</b>	<b>11</b> <b>Macaroni &amp; Cheese</b> <b>w/ Tomato Slices</b>  <b>Apple Craisin</b> <b>Rice Pudding</b>	<b>12</b> <b>Chef's Salad</b> <b>w/ Roll</b>  <b>Nanaimo Bars</b>	<b>13</b> <b>Grilled</b> <b>Cheese &amp; Tomato</b> <b>Sandwich</b>  <b>Fruit Plate</b>
<b>14</b> <b>Buttermilk Pancakes</b> <b>w/ Bacon</b>  <b>Date Squares</b>	<b>15</b> <b>Chicken Strips</b> <b>w/ Caesar Salad</b>  <b>Coconut Rice</b> <b>Pudding</b>	<b>16</b> <b>Mediterranean Egg</b> <b>Salad Sandwich</b>  <b>Fruit Salad</b>	<b>17</b> <b>Fish &amp; Chips</b> <b>w/ Coleslaw</b>  <b>Snickerdoodles</b>	<b>18</b> <b>BLT</b> <b>w/ Potato Salad</b>  <b>Fruit Plate</b>	<b>19</b> <b>Perogies</b> <b>w/ Bacon &amp; Onions</b>  <b>Ice Cream</b> <b>Drumsticks</b>	<b>20</b> <b>Welsh Cakes</b> <b>w/ Cottage Cheese</b>  <b>Chocolate Pudding</b>
<b>21</b> <b>Chef's Choice</b> <b>Omelette</b>  <b>Jell-O</b>	<b>22</b> <b>Hot Dogs</b> <b>w/ Fries</b>  <b>Sour Cream</b> <b>Banana Bread</b>	<b>23</b> <b>Trio Salad Plate</b> <b>w/ Roll</b>  <b>Peanut Butter</b> <b>Cookies</b>	<b>24</b> <b>Hash Brown</b> <b>Sausage Bake</b>  <b>Fruit Plate</b>	<b>25</b> <b>Beef Sliders</b> <b>w/ Yam Fries</b>  <b>Blondies</b>	<b>26</b> <b>Ploughman's</b> <b>Lunch</b>  <b>Berry Yogurt</b>	<b>27</b> <b>Ham Salad</b> <b>Sandwich</b>  <b>Ginger Cookies</b>
<b>28</b> <b>Poached Eggs</b> <b>w/ Bacon</b>  <b>Fruit Salad</b>	<b>29</b> <b>Smoked Turkey</b> <b>&amp; Avocado Wrap</b>  <b>Fruit Plate</b>	<b>30</b> <b>Welsh Rarebit</b> <b>w/ Steamed Broccoli</b>  <b>Oatmeal Raisin</b> <b>Cookies</b>	<b>*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***</b>			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>THE CEDARS at DAWSON HEIGHTS (250-477-4850)</b>  <b>DINNER Menu for the Month of April 2024 Served 5:00 – 5:30pm</b>  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</p> 						
	<b>1 <u>EASTER MONDAY</u></b> Chicken Apple Sausage OR Vegetable Pot Pie Red Velvet Cake	<b>2</b> Basil Pesto Penne OR Chicken Florentine Fruit Cocktail Cake	<b>3</b> Pork Pot Pie OR Turkey Patties Ice Cream	<b>4</b> Lamb Souvlaki OR Veal Cutlets Carrot Cake	<b>5</b> Spinach Cannelloni OR Oven Poached Cod Pavlova	<b>6</b> BBQ Chicken OR Meatloaf Bread Pudding
<b>7</b> Salmon Wellington Blueberry Pie	<b>8</b> Spaghetti w/ Meat Sauce OR Bacon & Onion Risotto Tiramisu	<b>9</b> Maple Bacon Lentil Stew OR Lamb Patties Lemon Olive Oil Cake	<b>10</b> Chicken Pot Pie OR Ham Steaks Zucchini Chocolate Cake	<b>11</b> Dijon Pork Tenderloin OR Garlic Prawns Berry Cobbler	<b>12</b> Chicken Coq au Vin OR Baked Salmon Fillet Caramel Custard	<b>13</b> Bangers and Mash OR Fish Cakes Strawberry Mousse
<b>14</b> Marinated Pork Loin Roast Lemon Meringue Pie	<b>15</b> Pan Fried Snapper OR Pepper Steak Apple Crumble	<b>16</b> Breast of Chicken w/ Mushroom Sauce OR 3 Bean & Ham Casserole Cheesecake	<b>17</b> Pasta Primavera OR Salisbury Steak Fruit Tarts	<b>18</b> Chicken Almandine OR Stuffed Peppers Small Cheese Plate	<b>19</b> Pizza Night w/ Caesar Salad Pear Cobbler	<b>20</b> Swedish Meatballs OR Pan Fried Trout Fruit Crepes
<b>21</b> Turkey Dinner w/ Sage Stuffing Apple Pie	<b>22</b> Stuffed Tomato OR Shake & Bake Chicken Choc. Pudding Cake	<b>23</b> Beef Stroganoff OR Breaded Haddock Rhubarb Crisp	<b>24</b> Pork Cutlets OR Teriyaki Chicken Trifle	<b>25</b> Arctic Char OR Lamb Chops Banana Cream Pie	<b>26</b> BBQ Rib Night w/ Baked Potato Chocolate Mousse	<b>27</b> Pork Adobo OR Turkey Sausage Baked Apples w/ Custard
<b>28</b> Baked Ham w/ Scalloped Potatoes Raisin Pie	<b>29</b> Baked Tortellini OR Pork Chops w/ Hunter Sauce 3 Milk Cake	<b>30</b> Liver & Onions OR Poached Sole Panna Cotta	***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 ***			