






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>THE CEDARS at DAWSON HEIGHTS (250-477-4850) <u>LUNCH</u> Menu for the Month of MAY 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***</p> 						
*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***			1 Egg Salad Sandwich w/ Chips & Pickles Rice Krispie Squares	2 Grilled Ham and Cheese w/ Green Salad Vanilla Yogurt	3 Raisin Scone w/ Cottage Cheese & Fruit Oatmeal Raisin Cookies	4 Deli Meat Sandwiches w/ Potato Salad Berries & Cream
5 Breakfast Sandwich Fruit Jell-O	6 Roast Beef and Cheddar Sandwich Blueberry Yogurt	7 Chicken Strips w/ Caesar Salad Apricot Halves	8 Ploughman's Lunch Fresh Fruit Plate	9 Chili Con Carne W/ Corn Muffin Berries and Cream	10 Chef's Salad w/ Fresh Roll Peanut Butter Cookies	11 Fish & Chips w/ Coleslaw Fruit Salad
12  Mini Tea Plates	13 Tuna Melt w/ Black Bean & Corn Salad Stewed Rhubarb w/ Custard	14 Clubhouse Sandwich w/ Carrot Salad Yogurt & Berry Parfait	15 Macaroni & Cheese w/ Tomato Slices Coconut Buttermilk Pound Cake	16 Ham Salad Sandwich Ginger Cookies	17 Mediterranean Chicken Quinoa Salad Fresh Fruit Salad	18 Egg Salad Croissant Coconut Kisses
19 Buttermilk Pancakes w/ Sausages Frozen Yogurt	20 <u>VICTORIA DAY</u> Waffles w/ Strawberries Peach Slices	21 Beef Dip w/ Home Fries Gluten Free Brownies	22 Chicken Wings w/ Apple Coleslaw Fruit Salad	23 Shrimp, Artichoke & Sundried Tomato Salad w/ Focaccia Yogurt w/ Crushed Pineapple	24 Chef's Choice Quiche w/ Veggies & Dip Ice Cream Sandwiches	25 Beef Sliders w/ Yam Fries Fresh Fruit Plate
26 Chef's Choice Omelette Oatmeal Raisin Cookies	27 Hot Dogs w/ Baked Beans Fruit Plate	28 Turkey & Swiss Bunwich Chocolate Chip Cookies	29 Baked Scotch Egg w/ Garden Salad Pear Halves	30 BLT w/ Asian Coleslaw Stewed Berries	31 Grilled Prawns w/ Garden Salad Fruit Salad	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 THE CEDARS at DAWSON HEIGHTS (250-477-4850) DINNER Menu for the Month of MAY 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.*** 						
*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***			1 Penne w/ Sausage & Tomatoes OR Breaded Oysters Tiramisu	2 Pan Fried Snapper OR Pork Tenderloin Fruit Cocktail Cake	3 Stuffed Peppers OR Salisbury Steak Small Cheese Plate	4 Chicken Apple Sausage OR Lamb Curry Black Forest Cake
5 Beef Pot Roast Cranberry Orange Loaf	6 Spaghetti & Meatballs OR Paprika Chicken Pavlova	7 Almond Rainbow Trout OR Pork Souvlaki Brown Sugar Spice Cake	8 Chicken Breast Florentine OR Beef Stew Lemon Tarts	9 Pork Cutlets OR Baked Cod Pumpkin Brownies	10 Pepper Steak OR Turkey Sausages Pineapple Upside Down Cake	11 Tourtière OR Fettuccine Alfredo Rice & Craisin Pudding
12 Mother's Day Salmon Wellington Carrot Cake	13 Lamb Patties OR Roast Leg of Chicken w/ Herb Gravy Lemon Pudding Cake	14 Bangers & Mash OR Poached Sole Apple Crumble	15 Chicken Divan OR Wild Mushroom Risotto Chocolate Crunch Brownies	16 Steelhead Fillet OR Veal Cutlet Strawberry Romanoff	17 Meatloaf OR Baked Tortellini Cheesecake	18 Chicken Chow Mein & Ginger Beef Zucchini Chocolate Cake
19 Turkey Dinner w/ Sage Stuffing Pumpkin Pie	20 VICTORIA DAY Salmon Burger OR Beef Burger w/ Potato Salad Ice Cream Sundae	21 Ham Steaks OR Chicken Parmesan Fruit Crepes	22 Arctic Char OR Pork & Pineapple Kabobs Lemon Meringue Pie	23 Braised Beef Tips OR Vegetable Pot Pie Baked Apples w/ Warm Custard	24 Sweet Potato Chicken Pie OR Lamb Chops Caramel Custard	25 Liver and Onions OR Breaded Haddock Pear Betty
26 Baked Ham w/ Scalloped Potatoes Apple Pie	27 Shepherds' Pie OR Vegetarian Lasagna Trifle	28 Mahi Mahi OR Lamb Souvlaki Lemon Olive Oil Cake	29 Almond Chicken OR Stuffed Tomatoes Ice Cream	30 Beef Stroganoff OR Veggie Chili Berry Pie	31 BBQ Ribs w/ Baked Potato Chocolate Mousse	