







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 THE CEDARS at DAWSON HEIGHTS (250-477-4850) LUNCH Menu for the Month of AUGUST 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. *** 						
*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***				1 Welsh Cakes with Cottage Cheese and Strawberries Nanaimo Bars	2 Grilled Ham & Cheese w/ Veggies & Dip Stewed Rhubarb	3 Chef Salad w/ Roll Strawberries and Cream
4 Chef's Choice Omelette Banana Brownies	5 BC DAY Waffles with Strawberries Date Squares 	6 Chef's Choice Quiche w/ Veggies Peanut Butter Chocolate Squares	7 Ham & Swiss Sandwich w/ Chips & Sweet Pickles Frozen Yogurt	8 Roasted Pear Salad w/ Provolone Cheese & Walnuts Fruit Plate	9 Smoked Turkey Sandwich Apricots	10 BLT w/ Carrot Salad Shortbread Cookies
11 Fried Eggs w/ Bacon Ambrosia	12 Chicken Strips w/ Caesar Salad Fruit Plate	13 Deli Sandwich w/ Pickles and Chips Lemon Squares	14 Macaroni & Cheese w/ Sliced Tomatoes Ginger Cookies	15 Egg Salad Croissant Fruit Salad	16 Beef Dip w/ Home Fries Ice Cream	17 Single Clubhouse w/ Carrot Salad Fresh Berries
18 Buttermilk Pancakes w/ Sausages Fruit Jello	19 Fish & Chips w/ Coleslaw Fruit Salad	20 Light Curried Chicken Wrap Blondies	21 Ploughman's Lunch Fruit Plate	22 Beef Sliders w/ Fries Chocolate Chip Cookies	23 Quinoa Tabbouleh Salad w/ Grilled Chicken Lemon Tarts	24 Tuna Salad Sandwich Snickerdoodles
25 Scrambled Eggs w/ Bacon Fruit Salad	26 Hot Dogs w/ Fries Fruit Yogurt	27 Raisin Scones w/ Cottage Cheese & Fresh Fruit Vanilla Pudding	28 Cobb Salad Rainbow Sherbet	29 Baked Salmon w/ Garden Salad Peaches and Cream	30 Cold Cuts & Cheese w/ Roll Fruit Plate	31 Fish Burger w/ Coleslaw Oatmeal Raisin Cookies

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>THE CEDARS at DAWSON HEIGHTS (250-477-4850) DINNER Menu for the Month of AUGUST 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. Chef salad available with notice*** **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 Salisbury Steaks OR Stuffed Tomatoes Sour Cream Coffee Cake	2 Arctic Char OR Lamb Patties Ice Cream Treats	3 Chicken w/ Herb Gravy OR Linguine w/ Clams Apple Crisp
4 Baked Ham w/Scalloped Potatoes Lemon Meringue Pie	5 BC DAY  Salmon Burger OR Beef Burger w/ Potato Salad Ice Cream Sundaes	6 Veal Cutlets OR Fisherman's Pie Small Cheese Plate	7 Chicken Cold Plate Baked Apples	8 Spaghetti w/ Meat Sauce OR Veggie Pot Pie Peach Upside Down Cake	9 Teriyaki Chicken OR Catch of the Day Chocolate Mint Frozen Pie	10 Pan-fried Red Snapper OR Liver and Onions Pear Betty
11 Beef Pot Roast Cheesecake	12 Shrimp Casserole OR Veal Parmesan Deep Dish Brownies	13 Chicken Florentine OR Braised Lamb Chops Coconut Buttermilk Pound Cake	14 Ham Cold Plate Strawberry Romanoff	15 Pork Pot Pie OR Eggplant Gratin Panna Cotta	16 Lamb Souvlaki OR Steelhead Fillet Three Milk Cake	17 Bangers & Mash OR Breaded Sole Tiramisu
18 Roast Turkey w/ Trimmings Apple Pie	19 BBQ Chicken OR Grilled Bratwurst Trifle	20 Braised Beef Tips OR Crusted Alaskan Pollock Carrot Cake	21 Fettuccine Alfredo OR Lamb Stew Berry Strudel	22 Breaded Haddock OR Saffron Vegetable Risotto Fruit Flan	23 Cod Fillets OR Maui Pork Chops Fruit Crepes	24 Tourtière OR Veggie Chili Caramel Custard
25 Salmon Wellington Pecan Pie	26 Vegetable Lasagna OR Ham Steaks Zucchini Chocolate Cake	27 Beef Pot Pies OR Stuffed Peppers Boston Cream Pie	28 Meatloaf OR Fish Cakes Fruit Crumble	29 Lemon Herb Chicken OR Swiss Steak Fruit Chiffon Pie	30 BBQ Rib Night Applesauce Cake	31 Chicken Parmesan OR Pasta Primavera Bread Pudding