



Ray

**THE CEDARS at DAWSON HEIGHTS (250-477-4850)**  
**LUNCH Menu for the Month of September 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.\*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Chef's Choice Omelette  Fruit Salad	<b>2 <u>Labour Day</u></b> Buttermilk Pancakes W Sausages  Berry Yogurt	<b>3</b> BLT w/ Carrot Salad  Banana Loaf	<b>4</b> Deli Sandwich w/ Chips and Pickles  Fruit Plate	<b>5</b> Chef's Salad w/ Fresh Roll  Coconut Rice Pudding	<b>6</b> Ham & Swiss Croissant  Oatmeal Raisin Cookies	<b>7</b> Fish & Chips w/ Coleslaw  Pear Halves
<b>8</b> Scrambled Eggs w/ Bacon  Fruit Yogurt	<b>9</b> Garlic Prawns w/ Garden Salad  Fresh Fruit Plate	<b>10</b> Ploughman's Lunch Peanut Butter Rice Crisp Squares	<b>11</b> Beef Mini Burgers w/ Yam Fries  Fruit Salad	<b>12</b> Cobb Salad  Date Squares	<b>13</b> Chicken Strips w/ Caesar Salad  Chocolate Chip Cookies	<b>14</b> Grilled Cheese & Tomato Sandwich Butterscotch Pudding
<b>15</b> Blueberry Pancakes  Fruit Salad	<b>16</b> Raisin Ginger Scone w/ Cheddar Cheese & Fruit  Ice Cream	<b>17</b> Beef Dip w/ Home Fries  Fruit Salad	<b>18</b> Macaroni & Cheese w/ Tomato Slices  Fruit & Yogurt Parfait	<b>19</b> Clubhouse w/ Cucumber Salad  Lemon Bars	<b>20</b> Chicken Salad Sandwich  Berries and Cream	<b>21</b> Hot Dogs w/ Yam Fries  Sherbet
<b>22</b> Poached Eggs w/ Sausage and Hash Browns  Stewed Rhubarb	<b>23</b> Chef's Choice Quiche w/ Green Salad  Magic Squares	<b>24</b> Tuna Melt w/ Veggies & Dip  Fruit Plate	<b>25</b> Chicken & Sundried Tomato Pasta Salad w/ Fresh Roll  Peanut Butter Cookies	<b>26</b> Corned Beef and Swiss on Rye w/ Potato Salad  Gluten Free Brownies	<b>27</b> Scotch Egg w/ Cucumber & Tomato Slices  Frozen Yogurt	<b>28</b> Welsh Rarebit w/ Broccoli  Fruit Plate
<b>29</b> Chef's Choice Omelette  Nanaimo Bars	<b>30 <u>Truth and Reconciliation Day</u></b> French Toast W/ Strawberries and Bacon Vanilla Yogurt	<b>*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***</b>				



# THE CEDARS at DAWSON HEIGHTS (250-477-4850)

## DINNER Menu for the Month of September 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.\*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Marinated Porkloin  Apple Pie	<b>2 Labour Day</b> BBQ Breast of Chicken OR Grilled Salmon Fillet Berry Cobbler	<b>3</b> Lamb Chops OR Spinach Cannelloni Small Cheese Plate	<b>4</b> Chicken Florentine OR Stuffed Tomatoes Pineapple Upside Down Cake	<b>5</b> Cabbage Rolls OR Dijon Garlic Seared Pork Tenderloin Ice Cream	<b>6</b> Veal Cutlet OR Chicken and Apple Sausage Pavlova	<b>7</b> Beef Stroganoff OR Butter Chicken Banana Cream Pie
<b>8</b> Baked Ham w/ Scalloped Potatoes  Cheesecake	<b>9</b> Shake & Bake Chicken OR Shepherd's Pie Chef's Choice Strudel	<b>10</b> Linguine W/ Smoked Salmon OR Bangers & Mash Fruit Tart	<b>11</b> Breast of Chicken w/ Caper Sauce OR Pork Cutlet Black Magic Cake	<b>12</b> Baked Cod OR Braised Beef Tips Panna Cotta	<b>13</b> Scottish Pie OR Ham Steaks Strawberry Mousse	<b>14</b> Chicken Cacciatore OR Catch of the Day Applesauce Cake
<b>15</b> Pot Roast w/ Trimmings  Lemon Meringue Pie	<b>16</b> Salisbury Steak OR Red Snapper Profiteroles	<b>17</b> Arctic Char OR Turkey Patties Caramel Custard	<b>18</b> Veal Parmesan OR Lemon Herb Chicken Pear Crisp	<b>19</b> Pepper Steak OR Fisherman's Pie Chocolate Pudding Cake	<b>20</b> Pizza Night W/ Caesar Salad  Tiramisu	<b>21</b> Breaded Haddock OR Lamb Patties Chef's Choice Dessert
<b>22</b> Roast Turkey w/ Sage Stuffing  Blueberry Pie	<b>23</b> Baked Tofu OR Orange Chicken Carrot Cake	<b>24</b> Meat Loaf OR Turkey Sausage w/ Apple Chutney Butter Tarts	<b>25</b> Stuffed Portabellas OR Beef Pot Pie Chocolate Zucchini Cake	<b>26</b> Sweet Potato Chicken Pie OR Spaghetti w/ Sausage & Tomatoes Lemon Olive Oil Cake	<b>27</b> BBQ Rib Night  Pecan Pie	<b>28</b> Baked Tortellini OR Poached Sole Fruit Cocktail Cake
<b>29</b> Salmon Wellington  Bread Pudding	<b>30 T and R Day</b> Tourtiere OR Penne w/ Ham and Peas Baked Apples	*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***				