

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# THE CEDARS AT DAWSON HEIGHTS

## Lunch Menu for the Month of October 2024 served 12:00 – 12:30pm

\*\*\* Fruit juices and milk always available \*\*\* Please ask your Server for the Soup of the Day \*\*\*

\*\*\*Chef salad available with notice \*\*\*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 Assorted Deli Meats & Cheese w/ Fresh Roll  Coconut Pecan Cupcakes	2 Mild Beef Chili Con Carne w/ Cornbread Muffin  Fruit Salad	3 Grilled Pear and Cheese Sandwich  Stewed Berries	4 Fish & Chips w/ Coleslaw  Chocolate Chip Cookies	5 Egg Salad Croissant  Tapioca Pudding
6 Denver Baked Omelettes  Fruit Salad	7 BLT w/ Carrot Salad  Fruit Plate	8 Chicken & Artichoke Orzo Salad  Nanaimo Bars	9 Ham and Tomato Sandwich  Stewed Rhubarb	10 Chef's Salad  Frozen Yogurt	11 Mediterranean Egg Salad Sandwich  Fruit Salad	12 Turkey & Swiss Bunwich  Oatmeal Raisin Cookies
13 Fried Eggs w/ Sausages  Berry Yogurt	14 <u>THANKSGIVING</u> Buttermilk Pancakes  Berry Parfait	15 Chicken Wrap w/ Veggies and Dip  Yogurt w/ Crushed Pineapple	16 Welsh Rarebit w/ Broccoli Spears  Fruit Salad	17 Hot Dogs w/ Yam Fries  Peaches and Cream	18 Chef's Choice Quiche w/ Mixed Veggies  Fruit Plate	19 Beef Dip w/Fries  Hermit Cookies
20 Poached Eggs w/ Bacon  Vanilla Pudding	21 Corned Beef on Rye w/ Potato Salad  Fruit Salad	22 Chicken Quesadilla w/ Guacamole, Salsa & Sour Cream Crackle Top Molasses Cookies	23 Cod Cakes w/ Green Salad  Fruit Plate	24 Mini Chicken Burgers w/ Fries  Fruit Yogurt	25 Deville Ham Sandwich  Peanut Butter Cookies	26 Single Clubhouse w/ Sweet Pickles & Chips Strawberries & Cream
27 Welsh Cakes W/ Cottage Cheese and Fruit  Date Squares	28 Hawaiian Pizza Melt w/ Caesar Salad  Fruit Salad	29 Macaroni & Cheese w/ Sliced Tomatoes  Vanilla Yogurt	30 Cinnamon French Toast w/ Fruit Compote  Pumpkin Brownies	31 <u>HALLOWEEN</u> Ploughed Man's Lunch w/ Devilish Eggs  Blood Crinkle Cookies		

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# THE CEDARS AT DAWSON HEIGHTS

## Dinner Menu for the Month of October 2024 served 5:00 – 5:30pm

All Dinner Entrées are served with specially prepared Potatoes or Rice and Seasonal Fresh Vegetables

\*\*\* Fresh roll or bread available upon request \*\*\* Please ask your Server for today's Daily Feature \*\*\*

Fruit juices and milk always available \*\*\* Soup and chef's salad available with notice

\*\*\*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***</p>		<p>1 Turkey Loaf OR Mahi Mahi  Fruit Tarts</p>	<p>2 Chicken Almandine OR Stuffed Zucchini  Pavlova</p>	<p>3 Veal Parmesan OR Lamb Patties  Caramel Custard</p>	<p>4 <u>Oktoberfest</u>  Menu to be Announced</p>	<p>5 Chicken à la King OR Cod Fillets  Pound Cake</p>
<p>6 Beef Pot Roast  Apple Pie</p>	<p>7 Honey Mustard Chicken OR Arctic Char  Panna Cotta</p>	<p>8 Bangers &amp; Mash OR Maple Bacon Lentil Stew  Lemon Tarts</p>	<p>9 Lamb Chops OR Linguine w/ Sundried Tomatoes Chocolate Mousse</p>	<p>10 Teriyaki Chicken OR Fish Cakes  Fruit Crepe</p>	<p>11 Scottish Pie OR Eggplant Parmesan  Pumpkin Apple Cake</p>	<p>12 Ham Steaks OR Steelhead Fillet  Deep Dish Brownies</p>
<p>13 Roast Turkey w/ Trimmings  Pumpkin Pie</p>	<p>14 <u>Thanksgiving</u> Baked Ham w/ Scalloped Potatoes Baked Pears</p> 	<p>15 Pork Chops OR Lamb Stew  Small Cheese Plate</p>	<p>16 Turkey Sausage w/ Apple Chutney OR Catch of the Day Carrot Cake</p>	<p>17 Spaghetti w/ Meat Sauce OR Dijon Pork Tenderloin Ice Cream</p>	<p>18 Shepherd's Pie OR Seafood Bouillabaisse Hummingbird Cake</p>	<p>19 Pan Fried Trout OR Veggie Lasagna  Butter Tarts</p>
<p>20 Marinated Pork Loin  Trifle</p>	<p>21 Paprika Chicken OR Braised Beef Tips  Profiteroles</p>	<p>22 Breaded Haddock OR Vegetable Pot Pie Zucchini Chocolate Cake</p>	<p>23 Veal Cutlets OR Mushroom &amp; Pea Risotto Apple Crisp</p>	<p>24 Beef Stroganoff OR Baked Salmon  Cherry Clafoutus</p>	<p>25 BBQ Rib Night  Chocolate Pudding Cake</p>	<p>26 Baked Tortellini OR Meatloaf  Bread Pudding</p>
<p>27 Salmon Wellington  Lemon Meringue Pie</p>	<p>28 Salisbury Steaks OR Pan Fried Snapper w/ Lemon Butter Berry Cobbler</p>	<p>29 Chicken Florentine OR Liver &amp; Onions  After Eight Cake</p>	<p>30 Breaded Sole OR Fettuccine Alfredo  Pear Betty</p>	<p>31 <u>HALLOWEEN</u> Ghoul-ash OR Pumpkin Risotto Caramel Apple Cheesecake</p> 		