



**THE CEDARS at DAWSON HEIGHTS 250-477-4850**  
**LUNCH Menu for the Month of November 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
*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***					1 Chef Salad w/ Roll Rhubarb w/ Custard	2 Open Faced Hot Turkey Sandwich  Peaches & Cream
3 Sausage Frittata  Rice Pudding	4 Egg Salad Croissant  Fruit Salad	5 Clubhouse w/ Sweet Pickles  Lemon Squares	6 Chef's Choice Quiche w/ Peas & Carrots  Cinnamon Cookies	7 Deli Meat Bunwich w/ Potato Salad  Frozen Yogurt	8 Chicken Strips w/ Caesar Salad  Fruit Plate	9 Sloppy Joe's  Pound Cake
10 Buttermilk Pancakes w/ Bacon  Fruit Jello	11 <u>REMEMBRANCE</u> <u>DAY</u> Monte Cristo Snickers doodles 	12 Tuna Melt w/ Veggies & Dip  Fruit Salad	13 Chicken Breast Salad w/ Walnuts & Provolone Sour Cream  Banana Loaf	14 Beef Dip w/ Fries  Strawberries and Cream	15 Macaroni & Cheese w/ Tomato Slices  Chocolate Pudding	16 Welsh Cakes w/ Fruit & Cottage Cheese  Date Squares
17  Scrambled Eggs Corned Beef Hash  Vanilla Yogurt	18  Chicken Burger w/ Yam Fries  Fruit Salad	19  Fish & Chips w/ Coleslaw  Peach Slices	20  Ploughman's Lunch  Nanaimo Bars	21  Ham on Rye w/ 3 Bean Salad  Fruit Plate	22  Beef Burger w/ Fries  Magic Squares	23 Room Service Egg Salad Sandwich w/ Chips  Shortbread Cookies
24  Breakfast Sandwich w/ Hash Browns  Fruit Salad	25  Raisin Ginger Scone w/ Cottage Cheese  Peanut Butter Cookies	26  Grilled Cheese & Tomato Sandwich  Ice Cream Sandwiches	27  BLT w/ Carrot Salad  Fruit Salad	28  Cobb Salad w/ Fresh Roll  Fruit Tarts	29  Perogies w/ Bacon & Onions  Apricots	30  Chicken Salad Sandwich  Oatmeal Raisin Cookies



**THE CEDARS at DAWSON HEIGHTS 250-477-4850**  
**DINNER Menu for the Month of November 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	
*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***						1 Swiss Steak OR Almond Trout Fillet  Fruit Cobbler	2 Stuffed Zucchini OR Beef Pepper Steak  Three Milk Cake
3 Baked Ham w/ Scalloped Potatoes  Bread Pudding	4 Baked Steelhead OR Liver & Onions  Fruit Crepes	5 Hungarian Goulash OR Chicken Florentine  Zucchini Spice Cake	6 Turkey Sausage OR Braised Beef Tips  Tiramisu	7 Poached Cod OR Lamb Patties  Applesauce Cake	8 Bangers and Mash OR Stuffed Tomatoes  Cheesecake	9 Chicken Almandine OR Ham Steaks  Tembleque	
10 Beef Pot Roast  Lemon Meringue Pie	11 <u>REMEMBRANCE DAY</u> Fettuccine w/ Sausage & Tomatoes OR  Breaded Haddock Pineapple Upside Down Cake	12 Tourtière OR Shake and Bake Chicken  Panna Cotta	13 Mahi Mahi OR Lamb Souvlaki  Apple Pie	14 Eggplant Parmesan OR Pork Chops w/ Hunter Sauce  Mango Mousse	15 Saffron Veg. Risotto OR Polynesian Chicken  Apple Crisp	16 Turkey Patties OR Arctic Char  Small Cheese Plate	
17 Marinated Porkloin  Carrot Cake	18 Salisbury Steak OR Grilled Prawns  Blueberry Pie	19 Paprika Chicken OR Veal Cutlet  Trifle	20 Meatloaf OR Baked Tortellini  Pavlova	21 Chicken Stew w/ Dumplings OR Pasta Primavera Caramel Custard	22 Pork Pot Pie OR Fish Cakes  Pumpkin Brownies	23 Fisherman's Pie OR Pork Tenderloin Baked Apples w/ Warm Custard	
24 Roast Turkey w/ Sage Stuffing  Pecan Pie	25 Stuffed Peppers OR Chicken Apple Sausage  Gluten Free Brownies	26 Pork Cutlet OR Red Snapper  Carrot Cake	27 Shepherds' Pie OR Veggie Chili  Lemon Tarts	28 Lamb Chops OR Traditional Beef Stew  Chocolate Mousse	29 Rib Night w/ Baked Potato  Berry Shortcake	30 Breaded Sole OR Veal Parmesan  After Eight Cake	