



THE CEDARS at DAWSON HEIGHTS (250-477-4850)
LUNCH Menu for the Month of AUGUST 2025 Served 12:00 – 12:30pm

*** Please ask your Server for the Soup of the Day ***

Fresh made sandwiches always available at lunchTossed 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
					1 Blueberry Bran Muffin Cottage Cheese Apricots	2 Grilled Ham & Cheese w/ Veggies & Dip Stewed Rhubarb
3 Chef's Choice Omelette Brownies	4 <u>BC DAY</u> Pancakes with Strawberries Frozen Yogurt	5 Chicken Wrap Peanut Butter Chocolate Squares	6 Deli Sandwich w/ Chips & Sweet Pickles Coffee Cake	7 Roasted Pear Salad w/ Provolone Cheese & Walnuts Fruit Plate	8 Smoked Turkey Sandwich Crushed Pineapple and Yogurt	9 BLT w/ Carrot Salad Shortbread Cookies
10 Fried Eggs w/ Bacon Ambrosia	11 Chef Salad w/ Roll Strawberries and Cream	12 Chicken Strips w/ Caesar Salad Fruit Plate	13 Macaroni & Cheese w/ Sliced Tomatoes Ginger Cookies	14 Egg Salad Croissant Fruit Salad	15 Fish Burger with Cole Slaw Ice Cream	16 Tuna Salad Sandwich Snickerdoodles
17 Buttermilk Pancakes w/ Sausages Fruit Jello	18 Fish & Chips w/ Coleslaw Fruit Salad	19 Ploughman's Lunch Chocolate Chip Cookies	20 Beef Burgers w/ Fries Fruit Plate	21 Quinoa Tabbouleh Salad w/ Grilled Chicken Lemon Tarts	22 Chef's Choice Quiche w/ Veggies And Dip Blondies	23 Single Clubhouse w/ Garden Salad Fresh Berries
24 Scrambled Eggs w/ Bacon Fruit Salad	25 Baked Salmon w/ Garden Salad Peaches and Cream	26 Cold Cuts & Cheese w/ Roll Fruit Plate	27 Waldorf salad with boiled egg and fresh roll Fruit Yogurt	28 Perogies with bacon and onions Date Squares	29 Beef Dip w/ Home Fries Fruit Cocktail	30 Cobb Salad Oatmeal Raisin Cookie
31 Breakfast sandwich Fruit Plate	** MENU SUBJECT TO CHANGE WITHOUT NOTICE ** WE KINDLY REMIND YOU THAT ALL ORDERS AND RESERVATIONS SHOULD BE MADE AT THE FRONT DESK OF CEDARS Lunch Orders Before 11:00 am Dinner Orders Before 4:00 pm					



THE CEDARS at DAWSON HEIGHTS (250-477-4850)
DINNER Menu for the Month of AUGUST 2025 Served 5:00 – 5:30pm

All Dinner Entrées are served with specially prepared Potatoes or Rice and Seasonal Fresh Vegetables
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
					1 Veal Cutlet OR Stuffed Tomatoes Sour Cream Coffee Cake	2 Arctic Char OR Lamb Patties Ice Cream Treats
3 Baked Ham w/Scalloped Potatoes Lemon Meringue Pie	4 BC DAY Salmon Burger OR Beef Burger w/ Potato Salad Ice Cream Sundaes	5 Bbq Chicken OR Linguine w/ Clams Apple Crisp	6 Pork Tenderloin OR Beef Bourguignon 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 Beef Pot Roast Cheesecake	11 Pan-Fried Red Snapper OR Liver and Onions Pear Betty	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 Roast Turkey w/ Trimmings Apple Pie	18 BBQ Chicken OR Grilled Bratwurst Trifle	19 Braised Beef Tips OR Crusted Alaskan Pollock Carrot Cake	20 Fettuccine Alfredo OR Lamb Stew Berry Strudel	21 Breaded Haddock OR Vegetable Risotto Fruit Flan	22 Cod Fillets OR Maui Pork Chops Fruit Crepes	23 Chicken Enchiladas OR Veggie Chili Caramel Custard
24 Salmon Wellington Pecan Pie	25 Vegetable Lasagna OR Ham Steaks Zucchini Chocolate Cake	26 Beef Pot Pies OR Stuffed Peppers Boston Cream Pie	27 Meatloaf OR Fish Cakes Fruit Crumble	28 Lemon Herb Chicken OR Swiss Steak Fruit Chiffon Pie	29 BBQ Rib Night Applesauce Cake	30 Eggplant Parmesan OR Seafood Pasta Bread Pudding
31 Stuffed Chicken Breast Tiramisu	** MENU SUBJECT TO CHANGE WITHOUT NOTICE ** <i>WE KINDLY REMIND YOU THAT ALL ORDERS AND RESERVATIONS SHOULD BE MADE AT THE FRONT DESK OF THE CEDARS</i> <i>Lunch Orders Before 11:00 AM</i> <i>Dinner Orders Before 4:00 PM</i>					