



THE CEDARS at DAWSON HEIGHTS (250-477-4850)
LUNCH Menu for the Month of February 2026 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** ***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Fried Eggs and Bacon Banana Bread	2 Veggie Chili w/ Corn Bread Fruit Salad	3 Mac & Cheese w/ Tomato Slices Magic Squares	4 Ploughman's Lunch w/ Fresh Roll Coffee Cake	5 Chef's Choice Quiche w/ Garden Salad Berries & Cream	6 BLT w/ Cucumber Salad Blondies	7 Cinnamon Roll w/ Fresh Fruit Tapioca Pudding
8 Scrambled Eggs w/ Sausages Cinnamon Cookies	9 Deli Sandwich w/ Sweet Pickles & Chips Fruit Plate	10 Tuna Melt w/ Caesar Salad Peach Slices	11 Salmon Salad Wrap Berry Yogurt	12 Chicken Wings w/ Veggies and Dip Lemon Poppy Seed Loaf	13 Shrimp Croissant with Carrot Raisin Salad Fruit Salad	14 Valentine's Day French Toast w/ Strawberries Doble Chocolate Cookies
15 Breakfast Sandwich w/ Hash Browns Apricots	16 Family Day Buttermilk Pancakes w/ Bacon Yogurt	17 Chicken Burger w/ Potato Salad Fruit Plate	18 Ham and Swiss Cheese Crepes With Bechamel Gluten Free Brownies	19 Egg Salad Sandwich Fruit salad	20 Grilled salmon w/ Garden Salad Shortbread cookies	21 Clubhouse w/ Bean Salad Chocolate Pudding
22 Chef's Choice Omelette Snickerdoodles	23 Chef Salad with Roll Stewed Fruit	24 Chicken Strips & Caesar Salad Berry Parfait	25 Perogies w/ Bacon, Onions & Sour Cream Date Squares	26 Cobb Salad & Roll Fruit Salad	27 Grilled Tomato and Cheese Sandwich Peaches and Cream	28 Open Faced Turkey Sandwich with Peas and Carrots Ice Cream Treats

CEDARS RESIDENTS: WE KINDLY REMIND YOU THAT ALL TRAY ORDERS AND RESERVATIONS SHOULD BE NOTIFIED TO THE FRONT DESK OF THE CEDARS
 Lunch Trays Before 11:00 am
 Dinner Trays Before 4:00 pm



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

DINNER Menu for the Month of February 2026 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.

*** MENU SUBJECT TO CHANGE WITHOUT NOTICE ***



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Apple and Brie Stuffed Chicken Breast Lemon Meringue Pie</p>	<p>2 Lamb Souvlaki OR Steelhead Rhubarb Crisp</p>	<p>3 Veggie Pasta OR Shake & Bake Chicken Pecan Pie</p>	<p>4 Beef Stroganoff OR Catch of the Day Pavlova</p>	<p>5 Shepherd's Pie OR Turkey loaf Carrot Cake</p>	<p>6 Braised Beef Tips OR Stuffed Tomatoes Berry Crumble</p>	<p>7 Lemon Poached Sole OR Bbq Chicken Black Forest Cake</p>
<p>8 Marinated Pork Loin Baked Apples w/ Custard</p>	<p>9 Chicken Stew OR Catch of the day Small Cheese Plate</p>	<p>10 Cheese Cannelloni OR Lamb Chops Chocolate Cake</p>	<p>11 Spaghetti w/ Meat Sauce Or Arctic Char Fruit Cocktail Cake</p>	<p>12 Salisbury Steak OR Pork Chops Pear Betty</p>	<p>13 Maple Bacon Lentil Stew OR Stuffed Zucchini Trifle</p>	<p>14 Valentine's Day Linguini with Pesto Prawns OR Lemon Herb Chicken Red Velvet Cake</p>
<p>15 Beef Pot Roast Bread Pudding</p>	<p>16 Family Day Meat or Veggie Lasagna w/ Caesar Salad Cheesecake</p>	<p>17 Chinese New Year Menu TBA</p>	<p>18 Swiss Steak OR Vegetable Hand Pies Fruit Crepes</p>	<p>19 Red Snapper OR Stuffed Zucchini Pineapple Upside Down Cake</p>	<p>20 BBQ Ribs w/ Baked Potato Lemon Tart</p>	<p>21 Catch of the Day OR Bangers & Mash Applesauce Cake</p>
<p>22 Baked Ham w/ Scallop Potato Apple Pie</p>	<p>23 Chicken Parmesan OR Bouillabaisse Angel Food Cake</p>	<p>24 Pork Tenderloin OR Stuffed Peppers Mango Mousse</p>	<p>25 Meatloaf OR Pan Fried Trout Triple Berry Crisp</p>	<p>26 Lamb Patties Or Oven Poached Cod Chocolate Brownie</p>	<p>27 Pizza Night w/ Caesar salad Tiramisu</p>	<p>28 Teriyaki Chicken OR Pork & Pineapple Kabobs Fruit Tarts</p>

DAWSON & WOODLANDS RESIDENTS: WE KINDLY REMIND YOU THAT MEAL ORDERS MUST BE PLACED ONE DAY BEFORE YOUR DESIRED MEAL

We're unable to accept orders more than one day in advance. Payment upon delivery.

Thank you for your understanding!