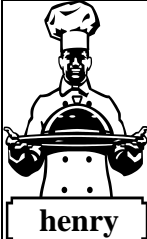



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p style="text-align: center;">THE CEDARS at DAWSON HEIGHTS (250-477-4850) <u>LUNCH</u> Menu for the Month of MARCH 2026 Served 12:00 – 12:30pm ***Please ask your Server for the Soup of the Day***Fresh made sandwiches always available at lunch*** Tossed greens always available</p>						
1 Poached Eggs w/ Bacon Banana Loaf	2 Havarti, tomato and ham croissant Choc Chip Cookies	3 Chicken wings w/ veggies and dip Fruit Salad	4 Shrimp, Sundried Tomato & Artichoke Salad w/ Focaccia Applesauce	5 Ploughman's Lunch Coconut Kisses	6 Buttermilk pancakes Peach Slices	7 Hot Dogs w/ Fries Ginger Cookies
8 Fried eggs and bacon Fruit Jell-O	9 Walford salad with boiled egg and a bun Rice Pudding	10 Garlic Prawns w/ Garden salad Fruit Plate	11 Ham and swiss crepes Pound cake	12 Grilled pear and cheese sandwich Fruit Salad	13 Egg Salad Croissant w/ Apple coleslaw Berries and Cream	14 Smoked turkey and swiss bunwich Tapioca Pudding
15 French toast With strawberries Pear Halves	16 Chicken Salad Sandwich Fruit Salad	17 <u>ST. PATRICK'S DAY</u> Smoked Salmon Bagel Shortbread Cookies	18 Corned Beef on Rye Fruit Plate	19 Quiche Lorraine Garden salad Apricots	20 Perogies w/ Bacon, Onions & Sour Cream Lemon coffee cake	21 Trio salad plate Fresh roll Fruit Plate
22 Buttermilk Pancakes w/ Bacon Stewed Fruit	23 Deli meat sandwich Peanut Butter Cookies	24 Chicken Strips w/ Garden salad Magic squares	25 Salmon Salad Wrap Fruit Salad	26 Chef Salad w/ Fresh Roll Gluten Free Brownies	27 Hot Cross Buns w/ Cottage Cheese lemon tarts	28 Rueben Sandwich w Sauerkraut Vanilla Yogurt
29 Chef's Choice Omelette Oatmeal Raisin Cookies	30 Grilled Tomato & Cheese Sandwich w/pickles & Chips Coffee cake	31 Open Faced Turkey sandwich w Peas and carrots Rice crispy squares	***MENU SUBJECT TO CHANGE WITHOUT NOTICE*** ***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	
THE CEDARS at DAWSON HEIGHTS (250-477-4850) <u>DINNER</u> Menu for the Month of MARCH 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							
1 Salmon Napoleon Trifle	2 Chicken Breast w/ Mushroom Sauce OR Baked Tortellini Berry Shortcake	3 Lamb Stew OR Arctic Char Pear Betty	4 Pork chops OR Veggie pot pie Profiteroles	5 Lasagne OR Catch of the day Olive Oil Cake	6 Pepper Steak OR Turkey Sausage Pavlova	7 Shake & Bake Chicken OR Spinach cannelloni Fruit Cocktail Cake	
8 Marinated pork loin Pecan Pie	9 Lamb Chops OR Chicken a la King Carrot Cake	10 Red Snapper OR Braised Swiss Steak w/ Onions Baked Apples w/ Warm Custard	11 Almond Trout OR Veggie Risotto Tiramisu	12 Chicken Adobo OR Veggie chili Small Cheese Tray	13 Stuffed Zucchini OR Meatloaf Pear Crisp	14 A taste of Germany Menu TBA Apple strudel	
15 Baked Ham w/ Scalloped Potatoes Lemon Meringue Pie	16 Salisbury Steak OR Breaded Haddock Chocolate Mousse	17 <u>ST PATRICK'S DAY</u> Irish Stew w/ Soda Bread or Bangers and Mash Irish Apple Cake	18 Baked Steelhead OR Egg plant au Gratin Butter Tart Coffee Cake	19 Penne w/ Ham & Peas OR Chicken Fricassee Stewed Rhubarb w/ Warm Custard	20 BBQ Ribs w/ Baked Potato White forest cake	21 Veggie Lasagna OR Fish Cakes Berry Crisp	
22 Turkey Dinner w/ Sage Stuffing Bread Pudding	23 Baked Cod Loin OR spaghetti & Meatballs Chocolate Cake	24 Pork chops OR Grilled Prawns Panna Cotta	25 Orange Chicken OR Shepherd's Pie Pineapple Upside Down Cake	26 Beef Stroganoff OR Lamb Patties Fruit Crepes	27 Moussaka OR Pork Tenderloin Caramel Custard	28 Pizza party w/ Caesar salad Ice cream sundae	
29 Beef pot roast Boston cream pie	30 Chicken & Yam Pie OR catch of the day Apple crisp	31 Pasta Primavera OR Chicken Stew w/ Dumplings Cheesecake	***MENU SUBJECT TO CHANGE WITHOUT NOTICE*** ***Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request***				