



THE CEDARS at DAWSON HEIGHTS (250-477-4850)
LUNCH Menu for the Month of April 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Veggie chili Fruit plate	2 Chicken wings with garden salad Fruit Jell-O	3 Good Friday Welsh Cakes Berries and cream	4 Chef's Salad w/ Roll Chocolate Chip Cookies
5 Easter Scrambled Eggs w/ Sausages Yogurt Parfait	6 Easter Monday Cinnamon bun Fresh fruit Rice Pudding	7 BLT w/ Potato Salad Ginger Cookies	8 Egg Salad Croissant w/ Carrot Raisin Salad Pear halves	9 Chicken Strips w/ Caesar Salad Gluten Free Brownies	10 Ploughman's Lunch Dad's cookies	11 Deli Sandwiches Fruit Salad
12 Fried Eggs Bacon and hash browns Date Squares	13 Chicken Salad Sandwich Fruit Salad	14 Beefburgers w/ Fries Oatmeal Raisin Cookies	15 Buttermilk Pancakes Bacon Fruit Plate	16 Chef's Choice Quiche garden salad Berry Yogurt	17 Ham and Swiss on Rye Peach Slices	18 Breakfast Sandwich hash browns Shortbread cookies
19 French Toast Bacon Fruit plate	20 Chicken quesadilla with guacamole, salsa and sour cream Magic Squares	21 Trio Salad Plate w/ Roll Peanut Butter Cookies	22 Perogies w/ Bacon & Onions Blondies	23 Waldorf salad with boiled egg and a bun Banana Bread	24 open faced turkey sandwich w/ peas and carrots Fruit Salad	25 Shrimp orzo salad and focaccia Berry yogurt
26 Poached Eggs w/ Bacon Fruit Salad	Corned beef on rye sweet pickles Sour Cream coffee cake	28 Waffles, berries and Bacon Apple sauce	29 Macaroni and cheese with tomato slices Fruit Plate	30 Ginger raisin Scone w fruit & Cottage cheese Snickerdoodles	***MENU SUBJECT TO CHANGE WITHOUT NOTICE ***** *Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, as a dessert choice upon request.	



THE CEDARS at DAWSON HEIGHTS (250-477-4850)
DINNER Menu for the Month of April 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Mushroom spinach pasta Grilled Chicken Trifle	2 Meatloaf OR Catch of the day Apple Crumble	3 Good Friday Baked Cod OR Stuffed Zucchini Tiramisu	4 Shake Bake Chicken OR Pan Fried Trout Bread Pudding
5 EASTER Baked Ham w/ Scalloped Potatoes Lemon Meringue Pie	6 Easter Monday Lamb Skewers Or Turkey meatballs Berry shortcake	7 Chicken Almandine OR Stuffed Peppers Small Cheese Plate	8 Maple Bacon Lentil Stew OR Catch of the day Profiteroles	9 Dijon Pork Tenderloin OR Garlic Prawns Strawberry Mousse	10 Chicken Pot Pie OR Ham Steaks Pear Cobbler	11 Arctic Char OR Lamb Chops Fruit Crepes
12 Roast Turkey Dinner w/ Sage Stuffing Apple Pie	13 Spinach Cannelloni OR Salisbury Steak Cheesecake	14 Chicken Coq au Vin OR Vegetable Risotto Rhubarb Crisp	15 Bangers and Mash OR Fish Cakes Butter tart coffee cake	16 Pepper Steak Or Steelhead Lemon Olive Oil Cake	17 Vegetable Pot Pie OR Pork adobo Fruit Tarts	18 Pastanight w/ Caesar Salad Black forest cake
19 Marinated Pork Loin Raisin Pie	20 Spaghetti w/ Meat Sauce OR Baked Salmon Fillet Stewed Rhubarb warm custard	21 Beef Stroganoff OR Breaded Haddock Chocolate Cake	22 Stuffed Tomato OR Swedish Meatballs Berry Cobbler	23 Pan Fried Snapper OR Pork Pot Pie Pavlova	24 BBQ Rib Night w/ Baked Potato Baked Apples	25 Orange chicken Or Pork tenderloin Fruit Cocktail Cake
26 Salmon Wellington Carrot cake	27 Mushroom risotto Or Lamb souvlaki Angel food cake	28 Mediterranean Chicken cold plate 3 milk cake	29 Baked Tortellini OR Pork Chops Pecan pie	30 SEAFOOD BOUILLABAISSE OR TURKEY PATTY ICE CREAM TREATS	**M ENU SUBJECT TO CHANGE WITHOUT NOTICE ***	