


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">THE CEDARS at DAWSON HEIGHTS (250-477-4850) LUNCH Menu for the Month of MAY 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 upon request***</p>					<p align="center">1 Egg Salad Croissant</p> <p align="center">Oatmeal Raisin Cookies</p>	<p align="center">2 Deli Meat Bunwich w/ Garden Salad</p> <p align="center">Berries & Cream</p>
<p align="center">3 Buttermilk Pancakes w/ Sausages</p> <p align="center">Fruit Jell-O</p>	<p align="center">4 Roast Beef and Cheddar Sandwich</p> <p align="center">Fruit Yogurt</p>	<p align="center">5 Chicken Strips w/ Caesar Salad</p> <p align="center">Apricot Halves</p>	<p align="center">6 Ploughman's Lunch</p> <p align="center">Fresh Fruit Plate</p>	<p align="center">7 Chili Con Carne W/ Corn Muffin</p> <p align="center">Chocolate Chip Banana Bread</p>	<p align="center">8 Chef's Salad w/ Fresh Roll Peanut Butter Cookies</p>	<p align="center">9 Mushroom and Bacon Frittara w/ Green Salad Coffee Cake</p>
<p align="center">10  Mini Tea Plates</p>	<p align="center">11 Tuna Melt w/ Black Bean & Corn Salad</p> <p align="center">Stewed Rhubarb w/ Custard</p>	<p align="center">12 Clubhouse Sandwich w/ Carrot Salad</p> <p align="center">Yogurt & Berry Parfait</p>	<p align="center">13 Macaroni & Cheese w/ Tomato Slices</p> <p align="center">Coconut Buttermilk Pound Cake</p>	<p align="center">14 Ham and Swiss on Rye</p> <p align="center">Ginger Cookies</p>	<p align="center">15 Mediterranean Chicken Quinoa Salad with Focaccia</p> <p align="center">Fresh Fruit Salad</p>	<p align="center">16 Raisin Scone w/ Cottage Cheese & Fruit Gluten Free Brownies</p>
<p align="center">17 Breakfast Sandwich</p> <p align="center">Frozen Yogurt</p>	<p align="center">18 <u>VICTORIA DAY</u> Waffles w/ Strawberries Peach Slices</p>	<p align="center">19 Chicken Wings w/ Veggies and Dip</p> <p align="center">Magic Squares</p>	<p align="center">20 Grilled Pear and Cheese w/ Green Salad</p> <p align="center">Fruit Salad</p>	<p align="center">21 Shrimp, Orzo Artichoke & Sundried Tomato Salad w/ Focaccia Yogurt w/ Crushed Pineapple</p>	<p align="center">22 Fish & Chips w/ Coleslaw Ice Cream Sandwiches</p>	<p align="center">23 Chicken Salad Sandwich w/ Chips & Pickles</p> <p align="center">Rice Krispy Squares</p>
<p align="center">24 Chef's Choice Omelette</p> <p align="center">Oatmeal Raisin Cookies</p>	<p align="center">25 Perogies w/ Bacon & Onions</p> <p align="center">Stewed Berries</p>	<p align="center">26 Turkey & Havarti Bunwich</p> <p align="center">Fruit Salad</p>	<p align="center">27 Trio Salad Plate w/ Roll</p> <p align="center">Pear Halves</p>	<p align="center">28 BLT w/ Coleslaw</p> <p align="center">Chocolate Chip Cookies</p>	<p align="center">29 Grilled Prawns w/ Garden Salad</p> <p align="center">Vanilla Yoghurt</p>	<p align="center">30 Chicken Burger w/ Fries</p> <p align="center">Fresh Fruit Plate</p>
<p align="center">31 Fried Eggs & Bacon Coconut Kisses</p>						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">THE CEDARS at DAWSON HEIGHTS (250-477-4850) <u>DINNER</u> Menu for the Month of MAY 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.</p>					<p align="center">1 Stuffed Peppers OR Salisbury Steak Small Cheese Plate</p>	<p align="center">2 Pan Fried Snapper OR Lamb Curry Pear cobbler</p>
<p align="center">3 Baked Ham w/ Scalloped Potatoes Cranberry Orange Loaf</p>	<p align="center">4 Spaghetti & Meatballs OR Stuffed Zucchini Pavlova</p>	<p align="center">5 Rainbow Trout OR Pork Souvlaki Brown Sugar Spice Cake</p>	<p align="center">6 Sun Dried Tomato Chicken & Gnocchi OR Beef Stew Lemon Tarts</p>	<p align="center">7 Pork Cutlets OR Baked Cod Brownies</p>	<p align="center">8 Pork Cutlets OR Baked Cod Pineapple Upside Down Cake</p>	<p align="center">9 Catch of the Day OR Fettuccine Alfredo Rice Pudding</p>
<p align="center">10 Mother's Day Salmon Wellington Carrot Cake</p>	<p align="center">11 Bbq Pork OR Chicken Parmesan Lemon Pudding Cake</p>	<p align="center">12 Bangers & Mash OR Poached Sole Apple Crumble</p>	<p align="center">13 Steelhead Fillet OR Veggie Risotto Chocolate Crunch Brownies</p>	<p align="center">14 Beef Stroganoff OR Veggie Chili Strawberry Shortcake</p>	<p align="center">15 Meatloaf OR Baked Tortellini Cheesecake</p>	<p align="center">16 Coconut Prawns OR Ginger Beef Chocolate Cake</p>
<p align="center">17 Stuffed Chicken Breast Bread Pudding</p>	<p align="center">18 <u>VICTORIA DAY</u> Salmon Burger or Beef Burger w/ Potato Salad Ice Cream Sundae</p>	<p align="center">19 Arctic Char OR Eggplant Parmesan Fruit Crepes</p>	<p align="center">20 Roast Chicken OR Pork & Pineapple Kabobs Lemon Meringue Pie</p>	<p align="center">21 Braised Beef Tips OR Vegetable Pot Pie Baked Apples w/ Warm Custard</p>	<p align="center">22 Sweet Potato Chicken Pie OR Lamb Chops Chocolate Mousse</p>	<p align="center">23 Penne w/ Sausage & Tomatoes OR Breaded Oysters Tiramisu</p>
<p align="center">24 Beef Pot Roast Apple Pie</p>	<p align="center">25 Shepherds' Pie OR Lemon Herb Chicken Fruit Cocktail cake</p>	<p align="center">26 Catch of the Day OR Vegetarian Lasagna Ice Cream</p>	<p align="center">27 Lamb Souvlaki OR Stuffed Tomatoes Lemon Olive Oil Cake</p>	<p align="center">28 Grilled Chicken Cold Plate Raisin Pie</p>	<p align="center">29 BBQ Ribs w/ Baked Potato Caramel Custard</p>	<p align="center">30 Liver and Onions OR Breaded Haddock Pear Betty</p>
<p align="center">31 Marinated Porkloin Trifle</p>						