





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>*** Henry</p> </div> <div style="text-align: center;"> <h2>LUNCH at The CEDARS (250-477-4850)</h2> <h3>Menu for the Month of JUNE 2026 Served 12:00 – 12:30pm</h3> <p><i>Fruit juices and milk always available *** Please ask your Server for the Soup of the Day ***</i>  <i>***Chef salad available with notice ***Fresh made sandwiches always available at lunch***</i>  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> </div> <div style="text-align: center;">  </div> </div>						
	<b>1</b> Hawaiian Pizza Melt w/ Veggies & Dip  Fruit Salad	<b>2</b> Ploughman's Lunch  Ginger Cookies	<b>3</b> Roasted Pear Salad w/ Provolone Cheese & Walnuts Magic Squares	<b>4</b> Beef Dip w/ Home Fries  Fruit Plate	<b>5</b> Chef's Salad w/ Fresh Roll  Peanut Butter Cookies	<b>6</b> Monte Cristo w/ Fresh Fruit  Banana Pudding
<b>7</b> Buttermilk Pancakes w/ Sausages  Date Squares	<b>8</b> Chicken Strips w/ Caesar Salad  Fruit Plate	<b>9</b> Egg Salad Croissant  Chocolate Chip Cookies	<b>10</b> Bran Muffin w/ Cheddar Cheese and Fruit  Apricot Halves	<b>11</b> Waldorf Salad w/ Boiled Egg & Fresh Roll  Blueberry Yogurt	<b>12</b> French Toast with Berries and Bacon Gluten Free Brownies	<b>13</b> Niçoise Salad  Stewed Berries
<b>14</b> Chef's Choice Omelette  Crackle Top Molasses Cookies	<b>15</b> Fish & Chips w/ Coleslaw  Frozen Yogurt	<b>16</b> BLT w/ Bean Salad  Peaches & Cream	<b>17</b> Grilled Prawns w/ Garden Salad  Banana bread	<b>18</b> Trio Salad Plate w/ Roll  Fruit Plate	<b>19</b> Roast Turkey & Swiss Croissant  Pear Halves	<b>20</b> Welsh Cakes w/ Cottage Cheese & Fruit Chocolate Pudding
<b>21</b> Father's Day Fried Eggs w/ Hash Browns & Bacon Dad's Cookies	<b>22</b> Grilled Pear & Cheese w/ Garden Salad  Fruit Salad	<b>23</b> Chicken Wings w/ Carrot Salad  Vanilla Yogurt	<b>24</b> Chili con carne w/ Corn Muffin  Fruit Plate	<b>25</b> Perogies w/ Bacon & Onions  Pound cake	<b>26</b> Bagel and Lox  Yogurt Berry Parfait	<b>27</b> Corned Beef on Rye w/ Potato Salad Oatmeal Raisin Cookies
<b>28</b> Waffles with Berries & Bacon  Cinnamon Cookies	<b>29</b> Chefs Choice Frittata w/ Green Salad  Coffee Cake	<b>30</b> Chicken Salad Sandwich  Stewed Rhubarb				

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 <h2 style="margin: 0;">DINNER at The CEDARS (250-477-4850)</h2> <h3 style="margin: 0;">Menu for the Month of JUNE 2026 served 5:00 – 5:30pm</h3> <p style="margin: 0;">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 ***</p>  <p style="margin: 0;">***Fresh or canned fruit, regular or diet yogurt, diet pudding, ice cream, always available as a dessert choice upon request. ***</p>							
	<b>1</b> Veggie Coconut Curry OR Baked Cod Pavlova	<b>2</b> Beef Pot Pie OR Breaded Haddock  Lemon Tarts	<b>3</b> Fettuccine w/ Bacon & Tomatoes OR Chicken Cacciatore  Applesauce Cake	<b>4</b> Lamb Chops OR Grilled Salmon  Pound Cake	<b>5</b> Honey Garlic Chicken OR Pasta Primavera  Caramel Custard	<b>6</b> Red Snapper OR Pork Shish kebab  Fruit Cocktail Cake	
<b>7</b> Baked Ham w/ Scalloped Potatoes Lemon Meringue Pie	<b>8</b> Lemon Garlic Prawns OR Eggplant Parmesan Panna Cotta	<b>9</b> Shrimp Casserole OR Pork Tenderloin Spiced Vanilla Cake	<b>10</b> Spinach Cannelloni OR Paprika Chicken Cranberry orange loaf	<b>11</b> Stuffed Zucchini OR Pepper Steak Pineapple Upside Down Cake	<b>12</b> Meatloaf OR Sweet and Sour Pork Berry Shortcake	<b>13</b> Butter Chicken OR Catch of the day Fudge Brownie Cake	
<b>14</b> Beef Pot Roast  Apple Pie	<b>15</b> BBQ Pork OR Spaghetti w/ Meat Sauce Carrot Cake	<b>16</b> Shake & Bake Chicken OR Veggie Chili Small Cheese Plate	<b>17</b> Veggie Risotto OR Turkey Meatballs  Lemon Olive Oil Cake	<b>18</b> Roast Chicken OR Shepherd's Pie  Fruit Crepes	<b>19</b> Lasagna Night w/ Caesar S alad  Rhubarb Crisp	<b>20</b> Lamb Patties OR Fish Cakes Baked Apples	
<b>21</b> Father's Day BBQ Ice Cream Sunday 1 <sup>st</sup> day of summer	<b>22</b> Chicken Sweet Potato Pie OR Poached Sole Pecan Pie	<b>23</b> Pork Kebab OR Stuffed Peppers Mixed Berries w/ Custard	<b>24</b> Spinach Ricotta Stuffed Pasta Shells OR Lamb Souvlaki Tiramisu	<b>25</b> Chicken Cold Plate  Hummingbird Cake	<b>26</b> BBQ Ribs w/ Baked Potato  Ice Cream Treats	<b>27</b> Cabbage Rolls OR Grilled Bratwurst  Chocolate Mousse	
<b>28</b> Stuffed Chicken Breast  Three Milk Cake	<b>29</b> Marinated Pork Loin OR Catch of the day Berries and Cream	<b>30</b> Beef and Broccoli OR Stuffed mushrooms Cheese Cake	<i>CEDARS RESIDENTS: WE KINDLY REMIND YOU THAT ALL TRAY ORDERS            AND RESERVATIONS SHOULD BE NOTIFIED TO THE FRONT DESK            OF THE CEDARS</i> Lunch Trays Before 11:00 am Dinner Trays Before 4:00 pm			