


# Rest Haven Supper Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
<b>(Week 3)</b> Lemon Baked Fish Potatoes Peas & Carrots Pineapple Upside Down Cake	Homemade Chicken Pot Pie Mandarin Lettuce Salad Peanut Butter Brownie	Sweet & Sour Diced Beef S&S Sauce Steamed Rice Broccoli Fruit	Mushroom Baked Pork Chops Mushroom Gravy Lyonnais Potatoes Mixed Veg Cupcake	Sweet and Sour Chicken Thighs Ranch Style Potatoes Kernel Corn Hot Fudge Pudding Cake	Chicken Chow Mein Spring Rolls Fruit Jello	Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles Apple Pie
8	9	10	11	12	13	14
<b>(Week 4)</b> Savory Meat Loaf Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	BBQ Pork Ribs Gravy Brown Rice Green Beans Lemon Tarts	Hamburger Steak Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	Garlic Sausage Macaroni and Cheese Peas Chocolate Pudding	Baked Chicken Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	Swedish Meatballs Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	Lentil Soup Brown Bread Cold Cuts Cheese/Pickles Rhubarb Strawberry Pie
15	16	17	18	19	20	21
<b>(Week 5)</b> Breaded Pork Cutlets Rice Pilaf with Brown Rice Gravy/Coleslaw Nanaimo Bar	Mushroom/Omelet Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	Fettucini Primavera Biscuits Fruit Based Dessert	Pork Sausages Spanish Rice (Brown rice) Buttered Peas Carrot Cake	Lazyman Cabbage Rolls Mashed Potatoes Carrots Apple Crisp	Spaghetti & Meat Sauce Garlic Bread Lettuce Salad Tart	Chicken Noodle Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/Pickles Coconut Cream Pie
22	23	24	25	26	27	28
<b>(Week 1)</b> Garlic Sausage Hashbrown Casserole Mixed Vegetables Peach Platz	Beef Stew Cheese Biscuits Mandarin Segments	Breaded Mustard Veal Cutlets Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip with Red Lentils	Chicken with Alfredo Sauce Noodles Peas Biscuits Fruit	Baked Fish Fillets Lemon Slice Lyonnais Potatoes Cauliflower/Carrots Butterscotch Pudding	Breaded Pork Cutlets Noodles and Sauce Mixed Vegetables Chef's Dessert	Summa Borscht Faspa- Cold Cuts/ Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
29	30	31				
<b>(Week 2)</b> Roasted Chicken Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	Pork and Apple Cakes Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	Baked Porkchops Gravy Mashed Potato Corn Tapioca Pudding				
<b>MENU SUBJECT TO CHANGE</b> Nutrition and Food Services Department: 204-326-2285/204-346-5013						