


REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p style="text-align: center;">SEPTEMBER 2023</p>	<p>MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013</p>			<p style="text-align: right;">1</p> <p><i>(Week 5)</i> Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake</p>	<p style="text-align: right;">2</p> <p>Chef's Soup Turkey Sandwich Chips/Pickles Fruit Based Dessert</p>	<p style="text-align: right;">3</p> <p>Roast Pork/Gravy Potatoes Green Beans Fruitcocktail Mous</p>
<p style="text-align: right;">4</p> <p>LABOR DAY <i>(Week 1)</i> Beef and Barley Soup Chicken Fingers Fries/Gravy Garden Salad Carrot Cake</p>	<p style="text-align: right;">5</p> <p>Chicken Noodle Soup S&S Baked Farmer Sausage Steamed Rice Green Beans Tapioca Pudding</p>	<p style="text-align: right;">6</p> <p>Hearty Vegetable Soup Chicken Cacciatore Noodles Salad Chocolate Cream Pie</p>	<p style="text-align: right;">7</p> <p>Cream of Celery Liver and Onions Mashed Potatoes Carrots Cinnamon Coffee Cake</p>	<p style="text-align: right;">8</p> <p>Chefs Soup Lasagna Caesar Salad Garlic Bread Chocolate Cake</p>	<p style="text-align: right;">9</p> <p>Garden Vegetable Soup Chicken Pot Pie Cucumber and Tomato Slices Fruit Platz</p>	<p style="text-align: right;">10</p> <p>Roast Beef Mashed Potatoes Gravy/ Coleslaw Rice Pudding</p>
<p style="text-align: right;">11</p> <p><i>(Week 2)</i> Beet Borscht Soup Perogies Farmer Sausage Pickles Cream Gravy Canned Peaches</p>	<p style="text-align: right;">12</p> <p>Hearty Manitoba Vegetable Soup Meat Loaf Mashed Potato Vegetable Salad Cinnamon Roll Cake</p>	<p style="text-align: right;">13</p> <p>Roast Beef/Gravy Oven Baked Potatoes Mixed Vegetables Apple Crisp</p>	<p style="text-align: right;">14</p> <p>Butternut Squash Soup Chicken Taco Bake Noodles Cucumber Salad Fruit</p>	<p style="text-align: right;">15</p> <p>Minestrone Soup Ham Kielke & Schmaunt Phat Coleslaw Frozen Yogurt</p>	<p style="text-align: right;">16</p> <p>Chef Soup Egg Salad Sandwich Cheese Chips/Pickles Orange Fluff Salad</p>	<p style="text-align: right;">17</p> <p>Baked Ham Pineapple Sauce Scalloped Potatoes Corn Plum Mous</p>
<p style="text-align: right;">18</p> <p><i>(Week 3)</i> Summa Borscht Country Style Chicken Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae</p>	<p style="text-align: right;">19</p> <p>Vegetable Soup Spaghetti with Meat Balls Caesar Salad Garlic Bread Custard Bread Pudding</p>	<p style="text-align: right;">20</p> <p>Chicken Noodle Soup Baked Farmer Sausage Fried Potatoes Vegetable au Gratin Banana Cream Pie</p>	<p style="text-align: right;">21</p> <p>Corn Chowder with Bacon Lemon Baked Fish Potato Wedge Three Bean Salad Ambrosia Salad</p>	<p style="text-align: right;">22</p> <p>Green Bean Soup Farmer Sausage Perogies Pickled Beets Schmaunt Phat Trifle</p>	<p style="text-align: right;">23</p> <p>Chef's Soup Chili Chef's Salad Toast Chef's Desert</p>	<p style="text-align: right;">24</p> <p>Turkey/Stuffing Mashed Potatoes Gravy Glazed Carrots Cherry Platz</p>
<p style="text-align: right;">25</p> <p><i>(Week 4)</i> Beet Borscht Baked Ham Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin</p>	<p style="text-align: right;">26</p> <p>Lentil Vegetable with Parmesan Soup Shepherd's Pie Green Salad Lava Cake</p>	<p style="text-align: right;">27</p> <p>Hearty Vegetable Soup Honey Mustard Chicken Rice Pilaf Salad Coconut Cream Pie</p>	<p style="text-align: right;">28</p> <p>Broccoli Soup Baked Fish Lyonnaise Baked Potato Coleslaw Frozen Sherbet</p>	<p style="text-align: right;">29</p> <p>Roast Beef Gravy Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie</p>	<p style="text-align: right;">30</p> <p>National Day for Truth and Reconciliation Three Sisters Soup Battered Fish Fry Steamed Rice (Wholewheat) Mixed Vegetable Blueberry Crumble</p>	