

REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
		(Week 4) Hearty Vegetable Soup Honey Mustard Chicken Rice Pilaf Salad Coconut Cream Pie	Broccoli Soup Baked Fish Lyonnaise Baked Potato Coleslaw Frozen Sherbet	Roast Beef Gravy Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	Vegetable Soup Ham & Cheese Sandwich Pickles Fruit Cobbler	Shake & Bake Chicken Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous
6	7	8	9	10	 11	12
(Week 5) Sauerkraut Borscht Soup Meatloaf Gravy Mashed Potatoes Mixed Vegetables Date Square	Hearty Italian Soup Kielke & Schmaunt Phat Peas/Carrot Ham Oatmeal Muffin	Split Pea Soup Battered Fish Fry Fries Coleslaw Lemon Meringue Pie	Turkey/ Stuffing Cranberry Sauce Mashed Potato Corn Pumpkin Cheesecake	Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake	REMEMBRANCE DAY Chef's Soup Turkey Sandwich Chips/Pickles Fruit Based Dessert	Roast Pork/Gravy Potatoes Green Beans Fruitcocktail Mous
13	14	15	16	17	18	19
(Week 1) Beef and Barley Soup Chicken Fingers Fries Garden Salad Fruit Based Dessert	Chicken Noodle Soup S&S Baked Farmer Sausage Steamed Rice Green Beans Tapioca Pudding	Hearty Vegetable Soup Chicken Cacciatore Noodles Salad Chocolate Cream Pie	Cream of Celery BBQ Rib Mashed Potatoes Carrots Cinnamon Coffee Cake	Chefs Soup Lasagna Caesar Salad Garlic Bread Chocolate Cake	Garden Vegetable Soup Chicken Pot Pie Cucumber and Tomato Slices Fruit Platz	Roast Beef Mashed Potatoes Coleslaw Rice Pudding
20	21	22	23	24	25	26
(Week 2) Beet Borscht Soup Perogies Farmer Sausage Mixed Vegetables Cream Gravy Canned Peaches	Hearty Manitoba Vegetable Soup Meat Loaf Mashed Potato Vegetable Salad Cinnamon Roll Cake	Roast Beef/Gravy Oven Baked Potatoes Mixed Vegetables Apple Crisp	Butternut Squash Soup Chicken Taco Bake Noodles Cucumber Salad Fruit	Minestrone Soup Ham Kielke & Schmaunt Phat Coleslaw Frozen Yogurt	Chef Soup Egg Salad Sandwich Cheese Chips/Pickles Orange Fluff Salad	Baked Ham Pineapple Sauce Scalloped Potatoes Corn Plumi Mous
27	28	29	30	MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013		
(Week 3) Summa Borscht Country Style Chicken Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	Vegetable Soup Spaghetti with Meat Balls Caesar Salad Garlic Bread Custard Bread Pudding	Chicken Noodle Soup Baked Farmer Sausage Fried Potatoes Vegetable au Gratin Banana Cream Pie	Corn Chowder with Bacon Fish Fry Potato Wedge Three Bean Salad Ambrosia Salad			