

REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013			1 (Week 3) Green Bean Soup Farmer Sausage or Chef's Alternate Perogies Pickled Beets Schmaunt Phat Trifle	2 Chef's Soup Chili or Chef's Alternate Chef's Salad Toast Chef's Desert	3 Turkey/Stuffing or Chef's Alternate Mashed Potatoes Gravy Glazed Carrots Cherry Platz
4 (Week 4) Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	5 Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad Lava Cake	6 Hearty Vegetable Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad Coconut Cream Pie	7 Broccoli Soup Baked Fish or Chef's Alternate Lyonnaise Baked Potato Coleslaw Frozen Sherbet	8 Roast Beef or Chef's Alternate Gravy Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	9 Vegetable Soup Ham & Cheese Sandwich or Chef's Alternate Pickles Fruit Cobbler	10 Shake & Bake Chicken or Chef's Alternate Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous
11 (Week 5) Sauerkraut Borscht Soup Meatloaf or Chef's Alternate Gravy Mashed Potatoes Mixed Vegetables Date Square	12 Hearty Italian Soup Kielke with Fried Onions & Schmaunt Phat Ham or Chef's Alternate Peas/Carrot Oatmeal Muffin	13 Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Lemon Meringue Pie	14 Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Corn Cheesecake	15 Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake	16 Chef's Soup Turkey Sandwich or Chef's Alternate Chips/Pickles Fruit Based Dessert	17 Roast Pork with Gravy or Chef's Alternate Potatoes Green Beans Fruitcocktail Mous
18 (Week 1) Beef and Barley Soup Chicken Fingers or Chef's Alternate Fries Garden Salad Fruit Based Dessert	19 Chicken Noodle Soup S&S Baked Farmer Sausage or Chef's Alternate Steamed Rice Green Beans Tapioca Pudding	20 Hearty Vegetable Soup Chicken Cacciatore or Chef's Alternate Noodles Salad Chocolate Cream Pie	21 Cream of Celery BBQ Rib or Chef's Alternate Mashed Potatoes Carrots Cinnamon Coffee Cake	22 Chefs Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	23 Garden Vegetable Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices Fruit Platz	24 Roast Beef or Chef's Alternate Mashed Potatoes Coleslaw Rice Pudding
25 MERRY CHRISTMAS! (Week 2) Turkey /Stuffing Cranberry Sauce Cabbage Rolls Mashed Potato Fruit Cake	26 Hearty Manitoba Vegetable Soup Meat Loaf or Chef's Alternate Mashed Potato Vegetable Salad Cinnamon Roll Cake	27 Roast Beef/Gravy or Chef's Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	28 Butternut Squash Soup Chicken Taco Bake or Chef's Alternate Noodles Cucumber Salad Fruit	29 Minestrone Soup Ham or Chef's Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw Frozen Yogurt	30 Chef Soup Egg Salad Sandwich or Chef's Alternate Cheese Chips/Pickles Orange Fluff Salad	31 Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Corn Plumi Mous