REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DECEMBER 2023	**MENU SUBJECT TO CHANGE** Nutrition and Food Services Department: 204-326-2285/204-346-5013			1 **(Week 3)** Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Mixed Vegetable Hot Fudge Pudding Cake	2 Sweet and Sour Chicken Balls or Chef's Alternate Rice Spring Roll Broccoli Fruit Jello	3 Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie
4 ***(Week 4)*** Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	5 BBQ Pork Ribs or Chef's Alternate Gravy Brown Rice Green Beans Lemon Tarts	6 Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	7 Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	8 Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	9 Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	10 Lentil Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
11 ***(Week 5)*** Breaded Pork Cutlets or Chef's Alternate Rice Pilaf with Brown Rice Gravy/Coleslaw Nanaimo Bar	12 Mushroom/Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	13 Honey Garlic Chicken or or Chef's Alternate Mashed Potato Roasted Broccoli Fruit Based Dessert	14 Pork Sausages or Chef's Alternate Spanish Rice (Brown rice) Buttered Peas Carrot Cake	15 Cabbage Rolls or Chef's Alternate Mashed Potatoes Carrots Apple Crisp	16 Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	17 Chicken Noodle Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
18 ***(Week 1)*** Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Vegetables Peach Platz	19 Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	20 Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip With Red Lentils	21 Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Biscuits Fruit	22 Baked Fish Fillet or Chef's Alternate Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	23 Breaded Pork Cutlets or Chef's Alternate Noodles and Sauce Mixed Vegetables Chef's Dessert	24 Summa Borscht Cold Cuts or Chef's Alternate Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
25 **(Week 2)** Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	26 Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	27 Baked Porkchops or Chef's Alternate Gravy Mashed Potato Corn Tapioca Pudding	28 Fish Sticks or Chef's Alternate Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle	29 Chicken Teriyaki or Chef's Alternate Steamed Rice Green Salad Mandarin Oranges	30 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	31 Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Three Bean Salad Cream Pie