

REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 (Week 3) Summa Borscht Country Style Chicken Chef's Alternate Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	2 Vegetable Soup Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Garlic Bread Custard Bread Pudding	3 Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	4 Corn Chowder with Bacon Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad Ambrosia Salad	5 Green Bean Soup Farmer Sausage or Chef's Alternate Perogies Pickled Beets Schmaunt Phat Trifle	6 Chef's Soup Chili or Chef's Alternate Chef's Salad Toast Chef's Desert	7 Turkey/Stuffing or Chef's Alternate Mashed Potatoes Gravy Glazed Carrots Cherry Platz
8 (Week 4) Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	9 Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad Lava Cake	10 Hearty Vegetable Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad Coconut Cream Pie	11 Broccoli Soup Fish or Chef's Alternate Lyonnaise Potato Coleslaw Frozen Sherbet	12 Roast Beef or Chef's Alternate Gravy Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	13 Vegetable Soup Ham & Cheese Sandwich or Chef's Alternate Pickles Fruit Cobbler	14 Shake & Bake Chicken or Chef's Alternate Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous
15 (Week 5) Sauerkraut Borscht Soup Meatloaf or Chef's Alternate Gravy Mashed Potatoes Mixed Vegetables Date Square	16 Hearty Italian Soup Kielke with Fried Onions & Schmaunt Phat Ham or Chef's Alternate Peas/Carrot Oatmeal Muffin	17 Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Lemon Meringue Pie	18 Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Corn Cheesecake	19 Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf California Mixed Veg. Peach Upside Down Cake	20 Chef's Soup Turkey Sandwich or Chef's Alternate Chips/Pickles Fruit Based Dessert	21 Roast Pork with Gravy or Chef's Alternate Boiled Potatoes Green Beans Fruitcocktail Mous
22 (Week 1) Beef and Barley Soup Chicken Fingers or Chef's Alternate Fries Garden Salad Fruit Based Dessert	23 Chicken Noodle Soup S&S Baked Farmer Sausage or Chef's Alternate Steamed Rice Green Beans Tapioca Pudding	24 Hearty Vegetable Soup Chicken Cacciatore or Chef's Alternate Noodles Salad Chocolate Cream Pie	25 Cream of Celery BBQ Rib or Chef's Alternate Mashed Potatoes Carrots Cinnamon Coffee Cake	26 Chefs Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	27 Garden Vegetable Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices Fruit Platz	28 Roast Beef or Chef's Alternate Mashed Potatoes Coleslaw Rice Pudding
29 (Week 2) Beet Borscht Soup Perogies Farmer Sausage or Chef's Alternate Mixed Vegetables Cream Gravy Canned Peaches	30 Hearty Manitoba Vegetable Soup Meat Loaf or Chef's Alternate Mashed Potato Vegetable Salad Cinnamon Roll Cake	31 Roast Beef/Gravy or Chef's Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	 <div> JANUARY 2024 </div>			
MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013						