


REST HAVEN SUPPER MENU

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