

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 Happy Nutrition Month 2024				1 <i>(Week 1)</i> Chefs Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	2 Garden Vegetable Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices Fruit Platz	3 Roast Beef or Chef's Alternate Mashed Potatoes Coleslaw Rice Pudding
4 <i>(Week 2)</i> Beet Borscht Soup Perogies Farmer Sausage or Chef's Alternate Mixed Vegetables Cream Gravy Canned Peaches	5 Hearty Manitoba Vegetable Soup Meat Loaf or Chef's Alternate Mashed Potato Broccoli Salad Cinnamon Roll Cake	6 Roast Beef or Chef's Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	7 Butternut Squash Soup Chicken Taco Bake or Chef's Alternate Noodles Cucumber Salad Fruit	8 Minestrone Soup Ham or Chef's Alternate Kielce with Fried Onions & Schmaunt Phat Coleslaw Frozen Yogurt	9 Chef Soup Egg Salad Sandwich or Chef's Alternate Cheese Chips/Pickles Orange Fluff Salad	10 Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Corn Plumi Mous
11 <i>(Week 3)</i> Summa Borscht Country Style Chicken Chef's Alternate Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	12 Vegetable Soup Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Garlic Bread Custard Bread Pudding	13 Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	14 Corn Chowder with Bacon Battered Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad Ambrosia Salad	15 Green Bean Soup Farmer Sausage or Chef's Alternate Perogies Pickled Beets Schmaunt Phat Trifle	16 Beet Borscht Soup Cabbage Rolls or Chef's Alternate Mashed Potato Carrots Apple Pie	17 Turkey/Stuffing or Chef's Alternate Mashed Potatoes Gravy Glazed Carrots Cherry Platz <i>(St. Patrick's Day)</i>
18 <i>(Week 4)</i> Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	19 Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad Lava Cake	20 Cabbage Borscht Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad Coconut Cream Pie	21 Broccoli Soup Battered Fish Fry or Chef's Alternate Lyonnaise Potato Coleslaw Frozen Sherbet	22 Roast Beef or Chef's Alternate Gravy Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	23 Vegetable Soup Ham & Cheese Sandwich or Chef's Alternate Pickles Fruit Cobbler	24 Shake & Bake Chicken or Chef's Alternate Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous
25 <i>(Week 5)</i> Tomato Soup Meatloaf or Chef's Alternate Gravy Mashed Potatoes California Mixed Vegetables Date Square	26 Hearty Italian Soup Kielce with Fried Onions & Schmaunt Phat Ham or Chef's Alternate Peas/Carrot Oatmeal Muffin	27 Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Lemon Meringue Pie	28 Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Corn Cheesecake	29 Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf California Mixed Veg. Peach Upside Down Cake	30 Chef's Soup Turkey Sandwich or Chef's Alternate Chips/Pickles Fruit Based Dessert	31 Roast Pork with Gravy or Chef's Alternate Boiled Potatoes Green Beans Fruitcocktail Mous