


REST HAVEN SUPPER 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	2	3
				 (Week 1) Fish Fillet or Chef's Alternate Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	Breaded Pork Cutlets or Chef's Alternate Noodles and Sauce Mixed Vegetables Chef's Dessert	Summa Borscht Cold Cuts Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
4	5	6	7	8	9	10
(Week 2) Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	Baked Porkchops or Chef's Alternate Gravy Mashed Potato Corn Tapioca Pudding	Fish Sticks or Chef's Alternate Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle	Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges	Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Three Bean Salad Cream Pie
11	12	13	14	15	16	17
(Week 3) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonnaise Potatoes Green Beans Veg Cupcake	Sweet & Sour Diced Beef or Chef's Alternate S&S Sauce Steamed Rice Broccoli Fruit	Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	Sweet and Sour Chicken Balls or Chef's Alternate Rice Spring Roll Broccoli Fruit Jello	Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie (St. Patrick's Day)
18	19	20	21	22	23	24
(Week 4) Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	BBQ Pork Ribs or Chef's Alternate Gravy Brown Rice Green Beans Lemon Tarts	Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	Lentil Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
25	26	27	28	29	30	31
(Week 5) Breaded Pork Cutlets or Chef's Alternate Mashed Potato Gravy/Coleslaw Nanaimo Bar	Mushroom/Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	Honey Garlic Chicken or or Chef's Alternate Rice Roasted Broccoli Fruit Based Dessert	Pork Sausages or Chef's Alternate Spanish Rice (Brown rice) Buttered Peas Carrot Cake	Cabbage Rolls or Chef's Alternate Mashed Potatoes Carrots Apple Crisp	Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	Chicken Noodle Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie