

## REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <i>(Week 1)</i> Beef and Barley Soup Chicken Fingers or Chef's Alternate Fries Garden Salad Fruit Based Dessert	2 Chicken Noodle Soup S&S Baked Farmer Sausage or Chef's Alternate Steamed Rice Green Beans Tapioca Pudding	3 Hearty Vegetable Soup Chicken Cacciatore or Chef's Alternate Noodles Salad Chocolate Cream Pie	4 Cream of Celery BBQ Rib or Chef's Alternate Mashed Potatoes Carrots Cinnamon Coffee Cake	5 Chefs Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	6 Garden Vegetable Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices Fruit Platz	7 Roast Beef or Chef's Alternate Mashed Potatoes Coleslaw Rice Pudding
8 <i>(Week 2)</i> Beet Borscht Soup Perogies Farmer Sausage or Chef's Alternate Mixed Vegetables Cream Gravy Canned Peaches	9 Hearty Manitoba Vegetable Soup Meat Loaf or Chef's Alternate Mashed Potato Broccoli Salad Cinnamon Roll Cake	10 Roast Beef or Chef's Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	11 Butternut Squash Soup Chicken Taco Bake or Chef's Alternate Noodles Cucumber Salad Fruit	12 Minestrone Soup Ham or Chef's Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw Frozen Yogurt	13 Chef Soup Egg Salad Sandwich or Chef's Alternate Cheese Chips/Pickles Orange Fluff Salad	14 Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Corn Plumi Mous
15 <i>(Week 3)</i> Summa Borscht Country Style Chicken Chef's Alternate Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	16 Vegetable Soup Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Garlic Bread Custard Bread Pudding	17 Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	18 Corn Chowder with Bacon Battered Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad Ambrosia Salad	19 Green Bean Soup Farmer Sausage or Chef's Alternate Perogies Pickled Beets Schmaunt Phat Trifle	20 Chef's Soup Chili or Chef's Alternate Chef's Salad Toast Chef's Desert	21 Turkey/Stuffing or Chef's Alternate Mashed Potatoes Gravy Glazed Carrots Cherry Platz
22 <i>(Week 4)</i> Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Muffin	23 Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad Lava Cake	24 Cabbage Borscht Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad Coconut Cream Pie	25 Broccoli Soup Battered Fish Fry or Chef's Alternate Lyonnaise Potato Coleslaw Frozen Sherbet	26 Roast Beef or Chef's Alternate Gravy Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	27 Vegetable Soup Ham & Cheese Sandwich or Chef's Alternate Pickles Fruit Cobbler	28 Shake & Bake Chicken or Chef's Alternate Boiled Potatoes Cooked Turnips and Carrots Blueberry Mous
29 <i>(Week 5)</i> Tomato Soup Meatloaf or Chef's Alternate Gravy Mashed Potatoes California Mixed Vegetables Date Square	30 Hearty Italian Soup Kielke with Fried Onions & Schmaunt Phat Ham or Chef's Alternate Peas/Carrot Oatmeal Muffin			<p style="font-size: 1.2em; font-weight: bold; margin: 0;">MENU SUBJECT TO CHANGE</p> <p style="font-size: 1.1em; font-weight: bold; margin: 0;">Nutrition and Food Services Department:</p> <p style="font-size: 1.2em; font-weight: bold; margin: 0;">204-326-2285/204-346-5013</p>		