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