

REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1  (Week 4) Happy Canada Day! Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Home Dessert <i>PM Snack:</i> <i>Red Velvet Cupcake</i>	2 Lentil Vegetable with Parmesan Soup Hamburger in a Bun or Chef's Alternate Broccoli Salad Fruit Slices <i>PM Snack:</i> <i>Home's Snack</i>	3 Cabbage Borscht Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad Home Dessert <i>PM Snack:</i> <i>Coconut Cream Pie</i>	4 Broccoli Soup Battered Fish Fry or Chef's Alternate Lyonnaise Potato Coleslaw Frozen Sherbet <i>PM Snack:</i> <i>Home's Snack</i>	5 Roast Beef or Chef's Alternate Oven Baked Potatoes Sour Cream/Chives Mixed Veg Home Dessert <i>PM snack:</i> <i>Zucchini Brownie</i>	6 Vegetable Soup Ham & Cheese Sandwich or Chef's Alternate Pickles Home Dessert <i>PM Snack:</i> <i>Fruit Cobbler</i>	7 Shake & Bake Chicken or Chef's Alternate Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous <i>PM Snack:</i> <i>Home's Snack</i>
8 (Week 5) Sauerkraut Borscht Meatloaf or Chef's Alternate Mashed Potatoes California Mixed Vegetables Home Dessert <i>PM Snack:</i> <i>Date Square</i>	9 Hearty Italian Soup Kielke with Fried Onions & Schmaunt Phat Ham or Chef's Alternate Peas/Carrot Home Dessert <i>PM snack:</i> <i>Oatmeal Muffin</i>	10 Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Home Dessert <i>PM Snack:</i> <i>Lemon Meringue Pie</i>	11 Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Corn Home Dessert <i>PM Snack:</i> <i>Cheesecake</i>	12 Dill Pickle Soup Hotdog in a Bun or Chef's Alternate Baked Bean Carrot Salad Home Dessert <i>PM Snack:</i> <i>Jellied Fruit Square</i>	13 Chef's Soup Turkey Sandwich or Chef's Alternate Chips/Pickles Home Dessert <i>PM snack:</i> <i>Fruit Based Snack</i>	14 Roast Pork with Gravy or Chef's Alternate Boiled Potatoes Green Beans <i>Fruitcocktail Mous PM Snack:</i> <i>Home's Snack</i>
15 (Week 1) Beef and Barley Soup Chicken Fingers or Chef's Alternate Fries Garden Salad Home Dessert <i>PM Snack: Fruit Based Dessert</i>	16 Cabbage Borscht Roll Kuchen or Chef's Alternate Watermelon <i>PM Snack:</i> <i>Home's Snack</i>	17 Hearty Vegetable Soup Chicken Cacciatore or Chef's Alternate Noodles Salad Home Dessert <i>PM Snack:</i> <i>Chocolate Cream Pie</i>	18 Cream of Celery BBQ Rib or Chef's Alternate Rice Carrots Home Dessert <i>PM Snack:</i> <i>Cinnamon Coffee Cake</i>	19 Chefs Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Home Dessert <i>PM Snack: Chocolate Cake</i>	20 Garden Vegetable Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices Home Dessert <i>PM Snack: Fruit Platz</i>	21 Roast Beef or Chef's Alternate Mashed Potatoes Coleslaw Home Dessert <i>PM Snack:</i> <i>Rice Pudding</i>
22 (Week 2) Beet Borscht Soup Perogies or Chef's Alternate Farmer Sausage Carrot Salad Cream Gravy Home Dessert <i>PM Snack:</i> <i>Chef's Snack</i>	23 Hearty Manitoba Vegetable Soup Meat Loaf or Chef's Alternate Mashed Potato Broccoli Salad Home Dessert <i>PM Snack:</i> <i>Cinnamon Roll Cake</i>	24 Roast Beef or Chef's Alternate Oven Baked Potatoes Mixed Vegetables Home Dessert <i>PM Snack:</i> <i>Apple Crisp</i>	25 Summa Borscht Soup Hamburger in a Bun or Chef's Alternate Coleslaw Ice Cream Sandwich <i>PM Snack:</i> <i>Chef's Snack</i>	26 Minestrone Soup Ham or Chef's Alternate Kielke with Fried Onions & Schmaunt Phat Veg Salad Frozen Yogurt <i>PM Snack: Chef's snack</i>	27 Chef Soup Egg Salad Sandwich or Chef's Alternate Cheese Chips/Pickles Home Dessert <i>PM Snack:</i> <i>Orange Fluff Salad</i>	28 Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Corn <i>Plumi Mous PM Snack:</i> <i>Chef's Snack</i>
29 (Week 3) Summa Borscht Country Style Chicken or Chef's Alternate Mac N' Cheese Savory Green and Wax Beans Home Dessert <i>PM snack:</i> <i>Ice Cream Sundae</i>	30 Vegetable Soup Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Garlic Bread Home Dessert <i>PM Snack: Custard Bread Pudding</i>	31 Cabbage Borscht Roll Kuchen or Chef's Alternate Watermelon <i>PM Snack:</i> <i>Home Dessert/Snack</i>			MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285 204-346-5013 	