

## REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1  <b>(Week 4)</b> <b>Happy Canada Day!</b> Beet Borscht Baked Pineapple Sauce Scalloped Potatoes Kernel Corn Red Velvet Cupcake	2 Lentil Vegetable with Parmesan Soup Hamburger in a Bun Broccoli Salad Fruit Slices	3 Cabbage Borscht Soup Honey Mustard Chicken Rice Pilaf Salad Coconut Cream Pie	4 Broccoli Soup Battered Fish Fry Lyonnise Potato Coleslaw Frozen Sherbet	5 Roast Beef Gravy Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	6 Vegetable Soup Ham & Cheese Sandwich Pickles Fruit Cobbler	7 Shake & Bake Chicken Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous
8 <b>(Week 5)</b> Sauerkraut Borscht Meatloaf Gravy Mashed Potatoes California Mixed Vegetables Date Square	9 Hearty Italian Soup Kielke with Fried Onions & Schmaunt Phat Ham Peas/Carrot Oatmeal Muffin	10 Split Pea Soup Battered Fish Fry Fries Coleslaw Lemon Meringue Pie	11 Turkey/ Stuffing Cranberry Sauce Mashed Potato Corn Cheesecake	12 Dill Pickle Soup Hotdog in a Bun Baked Bean Carrot Salad Jellied Fruit Square	13 Chef's Soup Turkey Sandwich Chips/Pickles Fruit Based Dessert	14 Roast Pork with Gravy Boiled Potatoes Green Beans Fruitcocktail Mous
15 <b>(Week 1)</b> Beef and Barley Soup Chicken Fingers Fries Garden Salad Fruit Based Dessert	16 Cabbage Borscht Roll Kuchen Watermelon	17 Hearty Vegetable Soup Chicken Cacciatore Noodles Salad Chocolate Cream Pie	18 Cream of Celery BBQ Rib Rice Carrots Cinnamon Coffee Cake	19 Chefs Soup Lasagna Caesar Salad Garlic Bread Chocolate Cake	20 Garden Vegetable Soup Chicken Pot Pie Cucumber and Tomato Slices Fruit Platz	21 Roast Beef Mashed Potatoes Coleslaw Home Dessert Rice Pudding
22 <b>(Week 2)</b> Beet Borscht Soup Pergies Farmer Sausage Carrot Salad Cream Gravy Canned Peaches	23 Hearty Manitoba Vegetable Soup Meat Loaf Mashed Potato Broccoli Salad Cinnamon Roll Cake	24 Roast Beef Oven Baked Potatoes Mixed Vegetables Apple Crisp	25 Summa Borscht Soup Hamburger in a Bun Coleslaw Ice Cream Sandwich	26 Minestrone Soup Ham Kielke with Fried Onions & Schmaunt Phat Veg Salad Frozen Yogurt	27 Chef Soup Egg Salad Sandwich Cheese Chips/Pickles Orange Fluff Salad	28 Baked Ham Pineapple Sauce Scalloped Potatoes Corn Plumi Mous
29 <b>(Week 3)</b> Summa Borscht Country Style Chicken Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	30 Vegetable Soup Spaghetti with Meat Balls Caesar Salad Garlic Bread Custard Bread Pudding	31 Cabbage Borscht Roll Kuchen Watermelon	<div style="text-align: center;"> <h1 style="margin: 0;">JULY</h1> <h1 style="margin: 0;">2024</h1> </div>		<p style="text-align: center; margin: 0;"><b>MENU SUBJECT TO CHANGE</b></p> <p style="text-align: center; margin: 0;">Nutrition and Food Services Department: 204-326-2285 204-346-5013</p>	