

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 (Week 4) Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	2 BBQ Pork Ribs or Chef's Alternate Gravy Brown Rice Green Beans Lemon Tarts	3 Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	4 Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	5 Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	6 Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	7 Lentil Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
8 (Week 5) Breaded Pork Cutlets or Chef's Alternate Potato Wedge Gravy/Coleslaw Nanaimo Bar	9 Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	10 Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Fruit Based Dessert	11 Pork Sausages or Chef's Alternate Spanish Rice (Brown rice) Buttered Peas Carrot Cake	12 Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	13 Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	14 Chicken Noodle Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
15 (Week 1) Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Vegetables Peach Platz	16 Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	17 Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip With Red Lentils	18 Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Biscuits Fruit	19 Fish Fillet or Chef's Alternate Lemon Slice Lyonnais Potatoes Cauliflower/Carrots Butterscotch Pudding	20 Breaded Pork Cutlets or Chef's Alternate Noodles and Sauce Mixed Vegetables Chef's Dessert	21 Summa Borscht Cold Cuts or Chef's Alternate Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
22 (Week 2) Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	23 Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	24 Baked Porkchops or Chef's Alternate Gravy Mashed Potato Corn Tapioca Pudding	25 Fish Sticks or Chef's Alternate Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle	26 Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges	27 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	28 Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Carrot Salad Cream Pie
29 (Week 3) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	30 Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonnais Potatoes Sauteed Mixed Veg Cupcake	31 Sweet & Sour Diced Beef or Chef's Alternate Steamed Rice Broccoli Fruit	<h1 style="text-align: center; margin: 0;">JULY 2024</h1>		<p style="margin: 0;">MENU SUBJECT TO CHANGE</p> <p style="margin: 0;">Nutrition and Food Services Department:</p> <p style="margin: 0;">204-326-2285/204-346-5013</p>	