


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 <i>(Week 3)</i> Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	2 Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	3 Sweet and Sour Chicken Balls or Chef's Alternate Rice Spring Roll Broccoli Fruit Jello	4 Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie
5 <i>(Week 4)</i> Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	6 BBQ Pork Ribs or Chef's Alternate Gravy Brown Rice Green Beans Lemon Tarts	7 Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	8 Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	9 Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	10 Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	11 Lentil Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
12 <i>(Week 5)</i> Breaded Pork Cutlets or Chef's Alternate Potato Wedge Gravy/Coleslaw Nanaimo Bar	13 Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	14 Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Fruit Based Dessert	15 Pork Sausages or Chef's Alternate Spanish Rice (Brown rice) Buttered Peas Carrot Cake	16 Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	17 Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	18 Chicken Noodle Soup Cottage Cheese Fresh Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
19 <i>(Week 1)</i> Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Vegetables Peach Platz	20 Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	21 Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip With Red Lentils	22 Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Biscuits Fruit	23 Fish Fillet or Chef's Alternate Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	24 Breaded Pork Cutlets or Chef's Alternate Noodles and Sauce Mixed Vegetables Chef's Dessert	25 Summa Borscht Cold Cuts or Chef's Alternate Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
26 <i>(Week 2)</i> Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	27 Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	28 Baked Porkchops or Chef's Alternate Gravy Mashed Potato Corn Tapioca Pudding	29 Fish Sticks or Chef's Alternate Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/Peppers Trifle	30 Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges	31 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	