

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 	2 (Week 2) Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice Cream Sundae	3 Baked Porkchops or Chef's Alternate Gravy Mashed Potato Corn Tapioca Pudding	4 Fish Sticks or Chef's Alternate Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle	5 Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges	6 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	7 Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Carrot Salad Cream Pie
8 (Week 3) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	9 Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonnaise Potatoes Sauteed Mixed Veg Cupcake	10 Sweet & Sour Diced Beef or Chef's Alternate S&S Sauce Steamed Rice Broccoli Fruit	11 Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	12 Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	13 Sweet and Sour Chicken Balls or Chef's Alternate Potatoes Broccoli Fruit Jello	14 Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie
15 (Week 4) Happy Thanksgiving! Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	16 BBQ Pork Ribs or Chef's Alternate Gravy Potato Wedge Green Beans Lemon Tarts	17 Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	18 Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	19 Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	20 Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	21 Butternut Squash Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
22 (Week 5) Breaded Pork Cutlets or Chef's Alternate Potato Wedge Gravy/Coleslaw Nanaimo Bar	23 Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	24 Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Fruit Based Dessert	25 Pork Sausages or Chef's Alternate Potatoes O' Brien Buttered Peas Carrot Cake	26 Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	27 Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	28 Chicken Noodle Soup Cottage Cheese Fresh Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
29 (Week 1) Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Vegetables Peach Platz	30 Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	31 Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip Cookies With Red Lentils	32 Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Biscuits Fruit	MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013		