

## REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>(Week 5)</b> <b>Happy New Year</b> Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Lemon Meringue Pie	Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Corn Cherry PlatZ	Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake	Chef's Soup Turkey Sandwich or Chef's Alternate Chips/Pickles Fruit Based Dessert	Roast Pork with Gravy or Chef's Alternate Boiled Potatoes Green Beans Fruitcocktail Mous
<b>(Week 1)</b> Beef and Barley Soup Chicken Fingers or Chef's Alternate Fries Garden Salad Fruit Based Dessert	Chicken Noodle Soup S&S baked Farmer Sausage or Chef's Alternate Rice Green Beans Tapioca Pudding	Hearty Vegetable Soup Chicken Cacciatore or Chef's Alternate Noodles Salad Chocolate Cream Pie	Cream of Celery BBQ Rib or Chef's Alternate Mashed Potato Carrots Cinnamon Coffee Cake	Chefs Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	Garden Vegetable Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices Fruit PlatZ	Roast Beef or Chef's Alternate Mashed Potatoes Coleslaw Rice Pudding
<b>(Week 2)</b> Beet Borscht Soup Perogies or Chef's Alternate Farmer Sausage Carrots Cream Gravy Canned Peaches	Hearty Manitoba Vegetable Soup Meat Loaf or Chef's Alternate Mashed Potato Broccoli Salad Cinnamon Roll Cake	Roast Beef or Chef's Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	Butternut Squash Soup Chicken Taco Bake or Chef's Alternate Noodles Cucumber Salad Fruit	Minestrone Soup Ham or Chef's Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw Frozen Yogurt	Chef Soup Egg Salad Sandwich or Chef's Alternate Cheese Chips/Pickles Orange Fluff Salad	Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Plumi Mous
<b>(Week 3)</b> Summa Borscht Soup Country Style Chicken or Chef's Alternate Mac N' Cheese Savory Green and Wax beans Ice Cream Sundae	Vegetable Soup Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Garlic Bread Custard Bread Pudding	Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	Corn Chowder with Bacon Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad Ambrosia Salad	Green Bean Soup Farmer Sausage or Chef's Alternate Perogies Pickled Beets Schmaunt Phat Trifle	Chef's Soup Chili or Chef's Alternate Chef's Salad Toast Chef's Dessert	Turkey Stuffing or Chef's Alternate Mashed Potatoes Corn Strawberry Mous
<b>(Week 4)</b> Beet Borscht Baked Ham Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad Lava Cake	Cabbage Borscht Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad Coconut Cream Pie	Broccoli Soup Hamburger or Chef's Alternate French Fries Coleslaw Frozen Sherbet	Roast Beef or Chef's Alternate Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	<b>MENU IS SUBJECT TO CHANGE</b> Nutrition and Food Services Department: 204-326-2285/ 204-346-5013	

**NOTE: Sandwiches are available on daily basis as alternate option**