

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					(Week 4) 1 Meat Balls or Chef's Alternate Noodles Mushroom Gravy Waxed Bean / Pepper Butter Tart	2 Butternut Squash Soup Cheese Bread Pea Salad Cold Cuts/Pickles or Chef's Alternate Rhubarb Strawberry Pie
3 (Week 5) Breaded Pork Cutlets or Chef's Alternate Potato Wedge Gravy Coleslaw Nanaimo Bar	4 Omelet or Chef's Alternate Garlic Toast Salad Fruit Based Dessert	5 Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Oatmeal Raisin Cookie	6 Pork Sausages or Chef's Alternate Potatoes O' Brien Buttered Peas Carrot Cake	7 Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	8 Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	9 Chicken Noodle Soup Cottage Cheese Fresh Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
10 (Week 1) Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Vegetables Chocolate Cookies	11 Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	12 Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip Cookies With Red Lentils	13 Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Biscuits Fruit	14 Baked Fish Fillet or Chef's Alternate Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	15 Breaded Pork Cutlets or Chef's Alternate Noodles and Sauce Mixed Vegetables Chef's Dessert	16 Summa Borscht Cold Cuts or Chef's Alternate Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
17 (Week 2) Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	18 Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice Cream Sundae	19 Baked Porkchops or Chef's Alternate Gravy Mashed Potato Gravy Corn Tapioca Pudding	20 Fish Sticks or Chef's Alternate Fried Potatoes Tartar Sauce Herbed Green Beans/ Peppers Trifle	21 Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges	22 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	23 Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Carrot Salad Cream Pie
24 (Week 3) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	25 Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonnaise Potatoes Mixed Veg Cupcake	26 Sweet & Sour Diced Beef or Chef's Alternate S&S Sauce Steamed Rice Broccoli Fruit	27 Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	28 Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013	