

REST HAVEN SUPPER MENU

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