

## REST HAVEN SUPPER MENU

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