

# REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
  						
<b>Labour Day</b> <b>(Week 5)</b> Sauerkraut Borscht Soup Meatloaf or Chef's Alternate Gravy Mashed Potatoes California Mixed Veg Date Square	Green Bean Soup Kielce with Fried Onions & Schmaunt Phat Ham or Chef's Alternate Peas/Carrot Jello Fruit	Chicken Noodle 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	Roasted Carrot Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf Gravy Broccoli Salad Fruit Cocktail Cake	Chef's Soup Turkey Sandwich or Chef's Alternate Chips/Pickles Orange Fluff Salad	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/Gravy Garden Salad Fruit Based Dessert	Split Pea 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 Cucumber Salad Chocolate Cream Pie	Cream of Broccoli Soup Pizza or Chef's Alternate Vegetable Salad Cinnamon Coffee Cake	Cream of Celery Soup Lasagna or Chef's Alternate Caesar Salad 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 Green beans and carrots Rice Pudding
<b>(Week 2)</b> Beet Borscht Soup Perogies or Chef's Alternate Farmer Sausage Pickles 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 Gravy 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 Kielce & Schmaunt Phat Three Bean Salad Frozen Yogurt	Chef Soup Egg Salad Sandwich or Chef's Alternate Cheese Chips/Pickles Banana Cake	Baked Pork Chop or Chef's Alternate Mushroom Gravy Scalloped Potatoes Mixed Vegetables Date Square
<b>(Week 3)</b> Summa Borscht Soup Country Style Chicken or Chef's Alternate Mac N' Cheese Savory Green and Wax beans Ice cream	Vegetable Soup Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Boston Cream Poke Cake	Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	Green Bean Soup Ham or Chef's Alternate Perogies Schmaunt Phat Pickled Beets Fruit	Corn Chowder with Bacon Soup Fish Fry or Chef's Alternate Potato Wedge Coleslaw Ambrosia Salad	Chef's Soup Chili or Chef's Alternate Chef's Salad Toast Chef's Dessert	Turkey/Stuffing or Chef's Alternate Mashed Potatoes Gravy Corn Strawberry Mous
<b>(Week 4)</b> Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Carrots Fruit	<b>National Day of Truth and            Reconciliation</b> Three Sister's Soup Battered Fish Fry or Chef's Alternate Wild Rice Blend Mixed Vegetable Blueberry Crumble	 <div> <b>MENU IS SUBJECT TO CHANGE</b>            Nutrition and Food Services Department:            204-326-2285/ 204-346-5013         </div> 				