

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
  						
1 (Week 5) Breaded Pork Cutlets or Chef's Alternate Potato Wedge Gravy Cucumber Salad Nanaimo Bar	2 Omelet or Chef's Alternate Garlic Toast Vegetable Salad Fruit Based Dessert	3 Sweet and Sour Diced Beef or Chef's Alternate Rice Oriental Mixed Vegetable Fruit Salad	4 Farmer Sausage or Chef's Alternate Perogies Schmaunt Phat Pickled Beets Canned Peaches	5 Honey Garlic Chicken or Chef's Alternate Rice Chickpea Salad Fruit Based Dessert	6 Ravioli & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	7 Chicken Noodle Soup Cottage Cheese Fresh Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
8 (Week 1) Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Vegetables Peach Platz	9 Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	10 Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip Cookies	11 Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Biscuits Fruit	12 Baked Fish Fillet or Chef's Alternate Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	13 Breaded Pork Cutlets or Chef's Alternate Noodles and Sauce Mixed Vegetables Chef's Dessert	14 Summa Borscht Cold Cuts or Chef's Alternate Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
15 (Week 2) Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Coleslaw Iced White Cookies	16 Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	17 Baked Porkchops or Chef's Alternate Mashed Potato Gravy Corn Tapioca Pudding	18 Fish Sticks or Chef's Alternate Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle	19 Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetable Mandarin Oranges	20 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	21 Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Three Bean Salad Cream Pie
22 (Week 3) Lemon Fish or Chef's Alternate Potatoes Lentil with Spinach and Garlic Pineapple Upside Down Cake	23 Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	24 Mushroom Baked Pork Chops or Chef's Alternate Gravy Mashed Sweet Potatoes Green Beans Fruit	25 Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	26 Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	27 Sweet and Sour Chicken Balls or Chef's Alternate Ranch Style Potatoes Broccoli Fruit Jello	28 Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie
29 (Week 4) Savory Meat Loaf or Chef's Alternate Mashed Sweet Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	30 BBQ Pork Ribs or Chef's Alternate Gravy Potato Wedge Green Beans Lemon Tarts	MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department:				