


REST HAVEN LUNCH 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 <i>Happy New Year's Day!</i> <i>(Week 2)</i> Butternut Squash Soup Baked Chicken or Chef's Alternate Risotto Cucumber Salad Fruit	2 Minestrone Soup Shepherd's Pie or Chef's Alternate Salad Frozen Yogurt	3 Chef's Soup Egg Salad Sandwich or Chef's alternate Cheese Chips/Pickles Banana Cake	4 Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Corn Date Square
5 <i>(Week 3)</i> Summa Borscht Soup Country Style Chicken or Chef's Alternate Mac N' Cheese Savory Green and Waxed Beans Pineapple Upside Down Cake	6 Vegetable Soup Spaghetti with Meatballs or Chef's Alternate Caesar Salad Boston Cream Poke Cake	7 Broccoli Soup Chicken Burger or Chef's Alternate French Fries/Gravy Coleslaw Frozen Yogurt	8 Green Bean Soup Ham or Chef's Alternate Perogies Schmaunt Phat Pickled Beets Fruit	9 Potato Leek Soup Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad Ambrosia Salad	10 Chef's Soup and/or Chilli Salad Garlic Toast Chef's Dessert	11 Turkey or Chef's Alternate Stuffing Mashed Potato Cranberry Sauce Corn Cherry Mous
12 <i>(Week 4)</i> Beet Borscht Soup Baked Ham or Chef's Alternate Scalloped Potato Carrots Fruit	13 Vegetable Soup Chicken Fettuccini Alfredo or Chef's Alternate Brussel Sprouts Lemon Tarts	14 Cabbage Borscht Soup Honey Glazed Chicken or Chef's Alternate Rice Pilaf Salad Coconut Cream Pie	15 Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Coleslaw Fruit Pie	16 Roast Beef or Chef's Alternate Baked Potato Carrots Zucchini Brownie	17 Chef's Soup Hotdog or Chef's Alternate Pickles/ Chips Fruit Cobbler	18 Shake N' Bake Chicken or Chef's Alternate Mashed Potato Harvard Beets Cheesecake
19 <i>(Week 5)</i> Sauerkraut Borscht Soup Meatloaf or Chef's Alternate Gravy Mashed Potato California Mixed Vegetables Date Square	20 Green Bean Soup Perogies or Chef's Alternate Farmer Sausage Carrots Creamed Sauce Peaches	21 Chicken Noodle Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Lemon Meringue Pie	22 Turkey /Stuffing or Chef's Alternate Caranberry Sauce Mashed Potato Gravy Cherry Almond Cake	23 Hearty Vegetable Soup Sweet and Sour Pork or Chef's Alternative Rice Pilaf Gravy California Mixed Vegetables Fruit Cocktail Cake	24 Tomato Soup Ham and Cheese Sandwich or Chef's Alternate Chips/Pickles Orange Fluff Salad	25 Roast Pork or Chef's Alternate Boiled Potato Gravy Green Beans Strawberry Mous
26 <i>(Week 1)</i> Vegetable Soup Chicken Fingers or Chef's Alternate Fries Garden Salad Fruit Based Dessert	27 Split Pea Soup Sweet and Sour Farmer Sausage or Chef's Alternate Rice Green Beans Tapioca Pudding	28 Ginger Carrot Soup Chicken Cacciatore or Chef's Alternate Noodles Cucumber Salad Chocolate Cream Pie	29 Garlic Chicken Wild Rice Soup Pizza or Chef's Alternate Vegetable Salad Cinnamon Coffee Cake	30 Cream of Celery Soup Lasagna or Chef's Alternate Garlic Bread Caesar Salad Chocolate Cake	31 Beef Barley Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices Rhubarb Platz	