

# REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p style="font-size: 2em; font-weight: bold; margin: 0;">JULY 2026</p>		<b>(Week 3)</b> <b>Happy Canada Day</b> Squash Soup Hamburger or Chef's Alternate Potato Salad Watermelon	Green Bean Soup Ham or Chef's Alternate Perogies Schmaunt Phat Pickled Beets Fruit	Potato Leek Soup Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad Ambrosia Salad	Chef's Soup Chilli or Chef's Alternate Salad Garlic Toast Chef's Dessert	Turkey or Chef's Alternate Stuffing Mashed Potato Cranberry Sauce Corn Cherry Mous
<b>(Week 4)</b> Beet Borscht Soup Baked Ham or Chef's Alternate Scalloped Potatoes Green Beans Fruit	Vegetable Soup Chicken Fettuccinni Alfredo or Chef's Alternate Brussel Sprouts Lemon Tarts	Cabbage Borscht Soup Honey Glazed Chicken or Chef's Alternate Rice Pilaf Salad Coconut Cream Pie	Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Coleslaw Fruit Pie	Roast Beef or Chef's Alternate Baked Potato Carrots Zucchini Brownie	Tomato Soup Ham and Cheese Sandwich or Chef's Alternate Pickles Orange Fluff Salad	Shake N' Bake Chicken or Chef's Alternate Mashed Potato Harvard Beets Cheesecake
<b>(Week 5)</b> Sauerkraut Borscht Soup Meatloaf or Chef's Alternate Gravy Mashed Potato Coleslaw Date Square	Green Bean Soup Perogies or Chef's Alternate Farmer Sausage Carrots Cream Sauce Peaches	Cream of Broccoli Soup Battered Fish Fry or Chef's Alternate Fries Spinach Salad Lemon Meringue Pie	Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Gravy Corn Frozen Yogurt	Hearty Vegetable Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf California Mixed Vegetable Fruit Cocktail Cake	Chef Soup Turkey Sandwich or Chef's Alternate Vegetable Salad Fruit Cobbler	Roast Pork or Chef's Alternate Boiled Potato Gravy Green Beans Strawberry Mous
<b>(Week 1)</b> Vegetable Soup Chicken Fingers or Chef's Alternate Fries Garden Salad Fruit Based Dessert	Cabbage Borscht Soup Roll Kuchen or Chef's Alternate Watermelon	Ginger Carrot Soup Chicken Cacciatore or Chef's Alternate Noodles Cucumber Salad Chocolate Cream Pie	Beef Barley Soup Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Corn Mixed Fruit	Cream of Celery Soup Lasagna or Chef's Alternate Garlic Bread Caesar Salad Apple Crisp	Garlic Chicken Wild Rice Soup Pizza or Chef's Alternate Vegetable Salad Lemon Mousse	Roast Beef or Chef's alternate Mashed Potatoes Coleslaw Rice Pudding
<b>(Week 2)</b> Beet Borscht Soup or Chef's Alternate Perogies Farmer Sausage Carrots Cream Gravy Peaches	Minestrone Soup Shepherd's Pie or Chef's Alternate Salad Frozen Yogurt	Green Bean Soup Pulled Pork on a Bun or Chef's Alternate Baked bean Coleslaw Fruit	Potato Leek Soup Hotdog or Chef's Alternate Chickpea Salad Date Square	Vegetable Soup Spaghetti with Meatballs or Chef's Alternate Caesar Salad Boston Cream Poke Cake	<p style="font-size: 1.5em; font-weight: bold; margin: 0;">MENU IS SUBJECT TO CHANGE</p> <p style="margin: 0;">Nutrition and Food Services Department: 204-326-2285/204-346-5013</p>	

**NOTE: Sandwiches are available on daily basis as alternate option aside from Chef's alternate.**