

*Rappahannock
Westminster-Canterbury
Irvington, Virginia*

Fall 2018



Dining Menu

Patty Melt on Rye Bread - Ground beef patty, caramelize onions, Swiss and cheddar cheese slice served on grilled buttered rye bread

Penne Ala Vodka w / Sausage –Dice sausage in a sauce mixture made with vodka, thyme, cheese and pesto served over Penne pasta

Pork Apple Burger w / Pineapple Salsa– Ground pork, granny smith apple chopped fine, onion and teriyaki sauce form in a patty and serve on a Pretzel Bun with pineapple salsa

RW-C Dinner Salad– Diced ham, diced turkey, cherry tomatoes, shredded carrots, green peas, chickpea, candied pecans, chopped egg, chopped bacon, slice red onions, diced cucumbers, blue cheese crumble with House Dressing

Spaghetti Pie– in a mixture of parmesan, shredded mozzarella & cottage cheese, ground beef, chopped onions, green bell pepper, tomatoes, sugar, tomato paste, garlic powder and dried oregano baked in a pie shell

Turkey Supreme w/ Lemon & Chives– Turkey cutlet flour with minced white onion, white wine, lemon juice, heavy cream and chives seared on flat top

GREEN TO GO BOXES(save a tree)

Your meal will be placed in a green to go box per your request. When done, return the green box back to “**The Grille**”



Lunch

Fresh Salad Bar
Butternut Squash Soup

Entrée Choices

Grilled Salmon
Roasted Prime Rib

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Sautéed Petite Green Beans; Roasted Vegetables;
Loaded Baked Potato

Dinner

Fresh Salad Bar
Navy Bean Soup

Entrée Choices

Fried Chicken
Herb Baked Tilapia

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Braised Kale; Corn Pudding; Oven Roasted Potato Wedge

Desserts

Assorted Desserts;
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Herb Garlic Chicken &
Mélange of Kale, Tomatoes, Potatoes & Parmesan

563 cal.; 15.6g fat; 56.2g protein; 53.1 carbs; 6.5g fiber; 876mg sodium; 7mg iron

Menu Item Descriptions

Asian Turkey BBQ– pulled turkey meat tossed w / chopped green onions, green peppers, soy and hoisin sauce

Autumn Chicken Soup-sweet potatoes, carrots, parsnips, apples, and onions

Australian Deep Fried Chicken Wings– Chicken wings marinated in soy sauce, oyster sauce and sherry for 24 hrs, then deep fried with a flour and cornmeal mixture

Autumn Spice Ham Steak– Ham steak, red and green apples slices, cinnamon and maple syrup served on a toasted bun with pineapple sauce.

Baked Ziti– Ziti pasta, ground beef, mozzarella and parmesan cheese baked in a marinara sauce

BBQ Shrimp with Cane Syrup Glaze-Sautéed shrimp with hot sauce , bbq sauce, Worcestershire, cane syrup, paprika, thyme, dried oregano, red pepper and garlic

Boardwalk Fries –homemade steak fries seasoned w / kosher salt and served w/ malt vinegar

Chimichanga– chicken, onions taco seasoning, cheddar cheese in a tortilla shell

Drunken Flat Iron Steak- Steak marinated with dry and sweet vermouth with olive oil and red pepper flakes

General Tso Chicken– Boneless thighs cut into cubes, floured w / cornstarch, fried, tossed and baked in an oriental sauce

Ginger Shrimp -21/25 shrimp marinated in ginger, honey and garlic

Greek Lemon Soup– fresh lemon juice, carrots, onions, celery, egg yolks and white rice

Herb Roasted Airline Chicken Breast - boneless chicken breast with the drumette attached

Italian Peasant Soup– sausage onion, chicken, beans, tomato, basil and oregano

Lamb & Sausage Cassoulet– Casserole with Lamb pieces, northern

Beans, turkey kielbasa, bacon, parmesan cheese and French Baguette crumbs
Meatless Manicotti-cottage cheese, chopped spinach, parmesan cheese, dried oregano, shredded mozzarella with marinara sauce

Mediterranean White Bean Soup– garlic, potatoes, onions ½ is blended then added back for thickness

Melba Sauce-a sauce made from pureed raspberries thickened with powdered sugar.

Minestrone Soup-Orzo with diced tomato, & potatoes, chopped onions, celery carrots, cabbage & zucchini, corn, kidney beans and Italian seasoning

Monte Cristo Sandwich-Ham, Turkey, Swiss cheese on white bread then dipped in a French toast mixture and grilled.

Mulligatawny Soup– Diced chicken, curry powder, apples, heavy cream, “Mulligatawny” means “pepper water”

Oven Baked Greek Potato-Chef potato, olive oil, lemon juice, thyme, rosemary, garlic

Grille hours:

Breakfast 7:30-9:00 a.m.
Lunch 11:00-1:30 p.m.
Dinner 5:00-7:00 p.m.

Food Allergies:

Dining Service Staff is well aware that many of our residents have food allergies. We ask that you let us know of any allergies to food you may have., this will allow us to accommodate your needs. It is our number 1 desire to keep our residents safe and healthy.

Sunday Brunches and Holiday Meals:

On the 3rd Sunday of every month we have a large menu that is served from 11:00 a.m.–2:00 p.m.. These are full waited service both in the Grille and Formal Dining Room. Reservations are not needed for seating in the Grille, but are recommended for seating in the Formal Dining Room. **The number to call for reservations is the Hostess line #4516.**

On these days we do not serve dinner in the Grille, but box dinners can be ordered by 3:00p.m. that day to be picked up by 5:00 p.m. These **box meals can be ordered by calling #4516.**

Brunches are also served on Easter, Mother’s Day, Father’s Day, Thanksgiving Day, Christmas Day and New Years Day.

The procedures are the same as regular brunches, with one difference: to make reservations for the formal dining room for **these special brunches you will need to call Betty Polk #4016.** All above-noted Brunches and Holiday meals are considered part of your meal plan and include wine and beer.

LIGHTER FARE and Other Grille Meal Options:

Lighter Fare Meals are simply healthier options than the other meals. They are made to order. If you do not care to wait while we make it fresh for you, you may **call the Hostess line #4516 to order** and let them know what time you will be arriving to pick up your meal. Other menu items you may order are the chopped steak, chicken or fish. If you do not wish to wait for the meal you may call the hostess line #4516.

Related Phone Numbers:

Hostess Line #4516 for most reservations
Betty Polk-Office Manager #4016 for **Holiday** reservations & **Brunch Only**
Genita Maiden-Shearin, Director of Culinary Services #4091
Regina Ward for Catering Events ,Manager# 4287
Denise Cottrell Assoc. Direct of Culinary Service # 4015
Tara Mathis—Dietitian #4019 (cell 804-832-6374)
Dot Taylor-dtaylor@rw-c.org

Lunch

Fresh Salad Bar
Tomato Soup

Entrée Choices

Gourmet Grilled Cheese
Southwestern Chili with Corn Muffin

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Steamed Peas; Buttered Baby Carrots; Steak Fries

Dinner

Fresh Salad Bar
Shrimp & Sausage Creole Soup

Entrée Choices

Deviled Crab
Cheesy Meatloaf w/Gravy

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Yellow Squash; Sautéed Spinach; Mashed Potatoes

Desserts

Blueberry Bread Pudding
Ice Cream
Freshly Baked Cookies

TODAY’S LIGHTER FARE

BBQ Shrimp with Cane Syrup Glaze

396 calories; 7.6g fat; 33.3g protein; 47.8 g carbs;2.5g fiber; 784mg sodium; 5.9mg iron

Rappahannock Westminster-Canterbury
Tuesday Dining Sep. 25; Oct. 23; Nov. 20; Dec. 18

Lunch

Fresh Salad Bar
Corn Chowder

Entrée Choices

Beef Stroganoff
Baked Red Snapper w / Fennel
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Brussels Sprouts; Lima Beans with Red Pepper; Butter Noodles

Dinner

Fresh Salad Bar
* Mulligatawny Soup
(Onions, Celery, Apples, Tomatoes, Chicken, Jasmine Rice)

Entrée Choices

Apple BBQ Baby Back Ribs
Pan Seared Catfish
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order

Accompaniments

Sugar Snap Peas; Braised Red Cabbage; Mac & Cheese

Desserts

German Chocolate Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Baked Red Snapper over Sautéed Spinach & Tomatoes

227 calories; 6.5g fat; 33.5g protein; 8.4g carb; 2.5g fiber; 588mg sodium; 3.9mg iron

WK 1

Rappahannock Westminster-Canterbury
Saturday Dining Oct. 20; Nov. 17; Dec. 15

Lunch

Fresh Salad Bar
Sweet Potato & Black Bean Soup

Entrée Choices

Corned Beef Sliders
Citrus Dijon Baked Catfish
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Sautéed Red Cabbage; Julienne Carrots with Parsley;
Lemon Horseradish New Potato

Dinner

Fresh Salad Bar
* Autumn Chicken Soup

Entrée Choices

Veal Parmesan
Basil Crusted Scallops w / Sundried Tomato Cream Sauce
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Capri Medley Blend (carrots, French beans, zucchini)
Baked Acorn Squash; Buttered Noodles

Desserts

Buttermilk Pie with Homemade Whipped Topping
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Bayou Catfish Fillets

247 calories; 13.2g fat; 27g protein; 3.8g carb; 0.8g fiber; 474mg sodium; 1.3mg iron

WK 4

Rappahannock Westminster-Canterbury
Friday Dining Oct. 19; Nov. 16; Dec. 14

Lunch

Fresh Salad Bar
Pear, Shallot & Squash Soup

Entrée Choices

Ranch Chicken Wings
Sauté Fish
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Braised Kale; Black Bean & Corn Fiesta; *Oven Baked Greek Potato

Dinner

Fresh Salad Bar
Apple Bacon & Tomato Soup

Entrée Choices

Baked Salmon
Smothered Baked Beef Ribs
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Red Onion & Pepper Medley; Squash Casserole; Baked Potato

Desserts

Apple Bread Pudding w/Hot Butter Cream Sauce
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Pan Seared Fish Over Braised Kale

205 calories; 6.6g fat; 30g protein; 5g carb; 2g fiber; 493mg sodium; 1mg iron

WK 4

Rappahannock Westminster-Canterbury
Wednesday Dining Sep. 26; Oct.24; Nov.21; Dec. 19

Lunch

Fresh Salad Bar
Mushroom Barley Soup

Entrée Choices

Fried Chicken Livers
Beef Hot Dogs
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Roasted Radishes; Fried Okra; Baked Beans

Dinner

Fresh Salad Bar
Ham & Cabbage Soup

Entrée Choices

Lasagna w / 3 Meat Sauce & served with a Garlic Roll
Grilled Marinated Chicken Breast with Salsa Berry Sauce
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Asparagus; Steamed Corn; Parsley Red Potatoes

Desserts

Cranberry Carrot Cake with Cream Cheese Frosting
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Bacon & Butternut Squash Pasta

388 calories; 15.4g fat; 12.1g protein; 51.4g carb; 4.8g fiber; 475mg sodium; 2.9mg iron

WK 1

Rappahannock Westminster-Canterbury
Thursday Dining Sep. 27; Oct. 25; Nov.22; Dec. 20

Lunch

Fresh Salad Bar
Bacon, Cheeseburger Soup

Entrée Choices

*Australian Deep Fried Chicken Wings
(Soy, Oyster & Sherry Marinade)
Balsamic Marinated Flank Steak

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Sautéed Red Pepper; Broccoli; Baked Potato

Dinner

Fresh Salad Bar
Roasted Garlic Soup

Entrée Choices

Butter Basted Spice Cod
Rosemary & Apple Butter Pork Loin

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Steamed Beets; Homemade Applesauce; Brown Rice Pilaf

Desserts

Gingerbread with Lemon Sauce
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Seared Cod with Swiss Chard & Almonds

243 calories; 8.6g fat; 34.5g protein; 7.9g carbs; 3.4g fiber; 897mg sodium; 4mg iron

WK 1

Rappahannock Westminster-Canterbury
Thursday Dining Oct. 18; Nov. 15; Dec. 13

Lunch

Fresh Salad Bar
* Italian Peasant Soup with Beans

Entrée Choices

Fried Oyster Caesar Salad
Shaved Prime Rib Melt

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Steamed Petit Green Beans ; Rutabaga with Maple Syrup & Bourbon
* Boardwalk Fries

Dinner

Fresh Salad Bar
Pumpkin Chili

Entrée Choices

Pancake Supper
Turkey Cutlet Supreme with Lemon & Chives

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Scalloped Apple Casserole; Baked Parmesan Tomato
Wild Rice Cranberry Pudding

Desserts

Peanut Butter Brownie Trifle
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

French Toast with Maple-Apple Compote

370 calories; 12.1g fat; 11.3g protein; 55.3g carb; 2.9g fiber; 427mg sodium; 2.7mg iron

WK 4

Rappahannock Westminster-Canterbury
Wednesday Dining Oct. 17 ; Nov. 14; Dec. 12

Lunch

Fresh Salad Bar
Turkey Noodle Soup

Entrée Choices

* Chimichangas
Pork Chops with Gravy

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Harvest Beets; Peas & Diced Carrots; Garlic Mashed Potato

Dinner

Fresh Salad Bar
Zesty Thai Cucumber Soup

Entrée Choices

* Ginger Shrimp
Chicken Curry

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Sambor (*Lentils, Mixed Vegetables & Spices*); Indian Cabbage
Basmati Rice

Desserts

Spiced Pear Crisp
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Sweet & Spicy Shrimp with Rice Noodles

299 calories; 8.5g fat; 21.7g protein; 34.3g carb; 2.9g fiber; 492mg sodium; 3.4mg iron

WK 4

Rappahannock Westminster-Canterbury
Friday Dining Sep. 28; Oct. 26; Nov.23; Dec. 21

Lunch

Fresh Salad Bar
Pumpkin Soup

Entrée Choices

Chicken & Broccoli Casserole
Grilled Salmon & Orzo Salad w / Lemon Basil Vinaigrette

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Artichokes; California Blend; (broccoli, carrots, cauliflower)
Potato Cake

Dinner

Fresh Salad Bar
New England Clam Chowder

Entrée Choices

Pan Seared Rainbow Trout
Grilled Lamb Chops with Pomegranate Glaze

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Roasted Acorn Squash; Swiss Chard; Potato Casserole

Desserts

Old Fashion Apple Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Lamb & Sausage Cassoulet

(*White beans; onion; carrot; celery; garlic; tomato paste; brandy*)

501 calories; 17.9g fat; 32.3g protein; 50.1g carb; 15.5g fiber; 759mg sodium; 5.6mg Iron

WK 1

Rappahannock Westminster-Canterbury
Saturday Dining Sep. 29; Oct. 27; Nov.24; Dec. 22

Lunch

Fresh Salad Bar
Lima Bean & Bacon Soup

Entrée Choices

Chicken Breast Topped with Fresh Mozzarella & Tomato
Pork Apple Burger with Pineapple Salsa

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Steamed Broccolini; Corn on the Cob; Shoe String Fries

Dinner

Fresh Salad Bar
French Onion Soup

Entrée Choices

Fried Shrimp
Grilled New York Loin Strip Steak with Onion Straw

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Broiled Tomato Half; Sautéed Mixed Mushrooms
Dijon Roasted Yukon Gold Potatoes

Desserts

Butter Pound Cake with Rum Glaze
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Roast Strip Loin with Roasted Vegetables
(carrots; sweet potato, Brussels sprouts, onion, garlic)

289 calories; 9.8g fat; 19.5g protein; 32.1g carbohydrate; 5.1g fiber; 614mg sodium

WK 1

Rappahannock Westminster-Canterbury
Tuesday Dining Oct. 16; Nov. 13; Dec. 11

Lunch

Fresh Salad Bar
Navy Bean Soup

Entrée Choices

Cheddar Bacon Burger on Pretzel Roll
Sweet Baby Ray's BBQ Chicken Yogurt Sauce

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Sesame Snap Peas, w /Carrots & Peppers; Grilled Yellow Squash
Old Bay Fries

Dinner

Fresh Salad Bar
Cheddar Ale Soup

Entrée Choices

Drunken Flat Iron Steak
Pan Seared Salmon Cake with White Wine Sauce

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Beer Soaked Portobello Mushrooms; Brandy Glazed Asparagus
Twice Baked Potato

Desserts

Pound Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Pink Salmon with Smoky Herb Rub

314 calories; 16.6g fat; 37g protein; 3g carb; 1g fiber; 564mg sodium; 1mg iron

WK 4

Rappahannock Westminster-Canterbury
Monday Dining Oct. 15; Nov.12; Dec. 10

Lunch

Fresh Salad Bar
* Greek Lemon Chicken Soup

Entrée Choices

Liver & Onions with Bacon
Meat Lovers Flat Bread Pizza

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Mandarin Blend Medley; Butter Beans; Home Fried Potatoes

Dinner

Fresh Salad Bar
Coconut Shrimp Soup

Entrée Choices

Fried Scallops
Slow Roasted Top Round with Au Jus

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Buttered Leeks; Chuck Wagon Blend (*Carrots, Onions, Red & Green Peppers*)
Texas Baked Beans

Desserts

Ice Cream Sundae Bar
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Roasted Vegetarian Pizza
(*Zucchini, Yellow Squash, Red Onion, Fresh Spinach, Red Bell Peppers*)

382 calories; 13.9g fat; 15g protein; 48g carb; 7g fiber; 579mg sodium; 3mg iron

WK 4

Rappahannock Westminster-Canterbury
Sunday Dining Sept 30; Oct. 28; Nov. 25

Lunch

Fresh Salad Bar
Creamy Crab Bisque

Entrée Choices

Sautéed Flounder Almandine
Autumn Spice Ham Steak
(*Red & Green Apples, Maple Syrup, Cinnamon*)

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Roasted Eggplant; Steamed Asparagus
Baked Sweet Potato with Brown Sugar & Sour Cream

Dinner

Fresh Salad Bar
Lentil Soup

Entrée Choices

Breakfast for Dinner
(*Choice of Eggs; Bacon; Sausage, Pancake*)

Swedish Meatballs

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Vegetable Medley; Fried Fresh Apples; Buttered Pasta

Desserts

Assorted Desserts
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Bacon, Mushroom, Spinach & Gruyère Quiche

317 calories; 17.5g fat; 13g protein; 26g carb; 2g fiber; 435mg sodium; 2mg iron

WK 2

Rappahannock Westminster-Canterbury
Monday Dining Oct 1; Oct. 29; Nov. 26

Lunch

Fresh Salad Bar
Beef Vegetable Soup

Entrée Choices

Spaghetti w / Meat Sauce & Garlic Toast
Monte Cristo Sandwich with Melba Sauce

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Turnip Greens; Succotash; Anna Potato

Dinner

Fresh Salad Bar
Corn & Pepper Soup

Entrée Choices

Pulled Pork Sandwich with Slaw
Baked Swordfish w / Sundried Tomato Pesto

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Buttered Carrots; Kale; O'Brien Potatoes

Desserts

Coconut Custard Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Pork Chops with Roasted Apples & Onions

240 calories; 20g fat; 24.9g protein; 11g carb; 1.5g fiber; 379mg sodium; 1mg iron

WK 2

Rappahannock Westminster-Canterbury
Sunday Dining Oct. 14; Nov. 11; Dec. 9

Lunch

Fresh Salad Bar
Wild Mushroom Soup

Entrée Choices

Eggs Benedict with Lobster Sauce
Lemon Butter Chicken

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Broccoli & Cheese Casserole; Candied Parnips & Carrots
Herb Roasted Two Potato

Dinner

Fresh Salad Bar
Turkey with Wild Rice Soup

Entrée Choices

* Baked Ziti with Meat Sauce
Fried Fish Strips with Country Slaw

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Bread Zucchini; Cauliflower; Hot Potato Chips

Desserts

Assorted Desserts
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Meatless Manicotti
(Spinach, Cottage Cheese, Parmesan, Marinara Sauce)

328 calories; 9g fat; 23.8g protein; 38.3g carb; 3.9g fiber; 891mg sodium; 3mg iron

WK 4

Rappahannock Westminster-Canterbury
Saturday Dining Oct. 13 ; Nov. 10; Dec. 8

Lunch

Fresh Salad Bar
Cream of Cauliflower Soup

Entrée Choices

Beer Glazed Brats
Buffalo Burger
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Sauerkraut, Glazed Baby Beets; Ranch Potato Wedge

Dinner

Fresh Salad Bar
Oyster Stew

Entrée Choices

Feta Stuffed Chicken Breast
Roasted Leg of Veal
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Asparagus ;Sautéed Peppers; ; Roasted Fingerling Potatoes

Desserts

Homemade Sweet Potato Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Veal Marsala
(the lighter version)

193 calories; 6.1g fat; 26g protein; 7.5g carb; 0.4g fiber; 481mg sodium; 1.9mg iron

WK 3

Rappahannock Westminster-Canterbury
Tuesday Dining Oct 2; Oct. 30; Nov. 27

Lunch

Fresh Salad Bar
Homemade Chili

Entrée Choices

Cheeseburger Quiche
Beef Hotdogs
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Grilled Yellow Squash; Italian Green Beans; Baked Beans

Dinner

Fresh Salad Bar
Cheesy Ham Chowder

Entrée Choices

RW-C Fried Chicken
Grilled Mahi Mahi w / Honey & Apple BBQ Sauce
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Stewed Tomato; Collard Greens; Baked Sweet Potato

Desserts

Spice Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Chicken-Ham Lasagna

260 calories; 7g fat; 28.9g protein; 18g carb; 0.8g fiber; 740mg sodium; 1.9mg Iron

WK 2

Rappahannock Westminster-Canterbury
Wednesday Dining Oct 3 ; Oct 31; Nov. 28

Lunch

Fresh Salad Bar
Italian Wedding Soup

Entrée Choices

Shrimp, Crab Burger w / Spicy Avocado Yogurt Sauce
Hearty Beef Stew
(beef, carrots, potatoes, celery)

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Bean Medley; Roasted Zucchini; Steak Fries

Dinner

Fresh Salad Bar
Minestrone Soup

Entrée Choices

Herb Roasted Airline Chicken Breast
Shepherd's Pie

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Steamed Broccolini; Wax Beans; Whole Wheat Pasta

Desserts

Cranberry Cheese Bar
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Chopped Taco Salad w / Shrimp

362 calories; 20.5g fat; 21g protein; 31g carb; 0.9g fiber; 857mg sodium; 2mg iron

WK 2

Rappahannock Westminster-Canterbury
Friday Dining Oct. 12 ; Nov. 9; Dec. 7

Lunch

Fresh Salad Bar
Broccoli & Cheese Soup

Entrée Choices

Honey Lime Flank Steak
Cheesy Baked Chicken Breast

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Spaghetti Squash; Okra & Tomato; Delmonico Potato

Dinner

Fresh Salad Bar
Creamy Tomato Basil Soup

Entrée Choices

Crab Cake
Cranberry Glazed Beef Brisket

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Spinach; Burgundy Mushrooms
Horseradish Mashed Potatoes

Desserts

Sweet Pear Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Chicken with Brussels Sprouts & Mustard Sauce

335 calories; 14.9g fat; 42.8g protein; 11.6g carb; 3.5g fiber; 647mg sodium; 2.6mg iron

WK 3

Rappahannock Westminster-Canterbury
Thursday Dining Oct. 11 ; Nov. 8; Dec. 6

Lunch

Fresh Salad Bar
Kale Soup

Entrée Choices

Baked Trout
Country Fried Steak with Pepper Gravy

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Sautéed Baby Spinach ; Braised Celery; Mashed Sweet Potatoes

Dinner

Fresh Salad Bar
Italian Chili

Entrée Choices

Pork Chop with Pear and Maple Sauce
Crisp Beer Battered Fish with Jicama & Apple Slaw

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Red Cabbage; Grilled Yellow Squash; Buttered Risotto

Desserts

Cheese Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Cider & Sage Pork

190 calories; 7.3g fat; 24.5g protein; 4.9g carb; 0.2g fiber; 436mg sodium; 1.3mg iron

WK 3

Rappahannock Westminster-Canterbury
Thursday Dining Oct 4; Nov 1; Nov. 29

Lunch

Fresh Salad Bar
Chicken & Rice Soup

Entrée Choices

Penne Ala Vodka with Sausage
Corned Beef Brisket

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Fried Green Cabbage; Baby Carrots; Parsley Whole Potato

Dinner

Fresh Salad Bar
Leek Soup

Entrée Choices

*RW-C Dinner Salad
Grilled Flounder with Lemon Butter

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Green Bean Casserole; Sautéed Brussels Sprouts; Red Mashed Potatoes

Desserts

Pumpkin Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Lemon-Dill Sole

180 calories; 3.7g fat; 33.2g protein; 1.4g carb; 0.1g fiber; 292mg sodium; 1.1mg iron

WK 2

Rappahannock Westminster-Canterbury
Friday Dining Oct 5; Nov 2; Nov. 30

Lunch

Fresh Salad Bar
Wonton Soup

Entrée Choices

* General Tso Chicken
Shrimp Fried Rice

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Nappa Cabbage; Stir Fried Vegetables; Oriental Noodles

Dinner

Fresh Salad Bar
Cabbage Soup

Entrée Choices

Fried Oysters
Roasted Pork Tenderloin w / Cranberry Glaze

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Baked Butternut Squash; Green Peas with Mint; Orzo w/ Parmesan
& Basil

Desserts

Bread Pudding w / Vanilla Sauce
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Pork Loin Chops with Cinnamon Apples

251 calories; 8.3g fat; 24.1g protein; 20.2g carb; 2.3g fiber; 388mg sodium; 0.9mg iron
WK 2

Rappahannock Westminster-Canterbury
Wednesday Dining Oct. 10; Nov. 7 ; Dec. 5

Lunch

Fresh Salad Bar
* Mediterranean White Bean Soup

Entrée Choices

Spaghetti Pie
Chicken Tenders with Dijon Honey Mustard

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Broccoli; Baby Lima Beans; French Fries

Dinner

Fresh Salad Bar
Split Pea Soup

Entrée Choices

Beef Pot Roast
Shrimp & Grits

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Sautéed Snow Peas; Stir Fry Bok Choy

Desserts

Apple Crisp
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Grilled Chicken Salad Platter

231 calories; 7.7g fat; 30.3g protein; 10.3g carb; 3.4g fiber; 613mg sodium; 2.9mg iron
WK 3

Rappahannock Westminster-Canterbury
Tuesday Dining Oct. 9; Nov.6; Dec. 4

Lunch

Fresh Salad Bar
Beef Noodle Soup

Entrée Choices

Beef Hot Dof w / Fixings
Coconut Shrimp w / Mango Chutney

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Roasted Golden Beets; Sautéed Pepper Medley; Baked Beans

Dinner

Fresh Salad Bar
Wild Rice Soup

Entrée Choices

Open Face Turkey Sandwich
Fried Oyster

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Braised Green Kale w / Bacon; Baked Artichoke; Mashed Potato

Desserts

Devils Food Cake with Peanut Butter Frosting
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Oyster Stew w / Mushrooms

320 calories; 10g fat; 17g protein; 41g carb; 480mg sodium; 35mg iron

WK 3

Rappahannock Westminster-Canterbury
Saturday Dining Oct 6; Nov 3; Dec. 1

Lunch

Fresh Salad Bar
Green Pea Soup

Entrée Choices

* Asian Turkey BBQ on Sesame Scallion Toast
(Hoisin Sauce, Ginger, Sesame Oil)

Eggplant Lasagna

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

4 Way Vegetable Mix; Baked Tomato ½; Onion Rings

Dinner

Fresh Salad Bar
Seafood Bisque

Entrée Choices

Red Wine Braised Short Ribs
Cedar Plank Salmon

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Spinach Casserole; Smashed Fall Vegetables; Baked Potato

Desserts

Homemade Chocolate Cake w / Coffee Frosting
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Salmon with Lemon-Garlic Spinach

325 calories; 13.2g fat; 40.3g protein; 10.7g carb; 3.4g fiber; 472mg sodium; 3.6mg iron

WK 2

Rappahannock Westminster-Canterbury
Sunday Dining Oct. 7 ; Nov 4; Dec. 2

Lunch

Fresh Salad Bar
Fish Chowder

Entrée Choices

Herb Roasted Prime Rib
Shrimp Scampi
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Mustard Greens; Julienne Rutabaga & Carrots; Wild Rice Pilaf

Dinner

Fresh Salad Bar
Black Eye Pea Soup

Entrée Choices

Smothered Chicken & Gravy
Grilled Chopped Steak
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Pan Fried Zucchini & Onions; Stewed Tomatoes; Loaded Mashed Potato

Desserts

Assorted Desserts
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Shrimp Florentine Pasta

402 calories; 8.6g fat; 32.1g protein; 49.3g carb; 4g fiber; 520mg sodium; 6mg iron

WK 3

Rappahannock Westminster-Canterbury
Monday Dining Oct. 8; Nov 5; Dec. 3

Lunch

Fresh Salad Bar
Wild Mushroom Soup

Entrée Choices

Pecan Crusted Tilapia
*Patty Melt on Rye Bread
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Ratatouille; Wilted Turnip Greens ; Roasted Red Potato Wedge

Dinner

Fresh Salad Bar
Chunky Vegetable Soup

Entrée Choices

Baked Ham w / Orange Glaze
Grilled Tuna w / Olive & Tomato
Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Vegetable Pie; Braised Swiss Chard
Sweet Potato Casserole

Desserts

Ice Cream Bar
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Cornmeal Crusted Tilapia with Squash Salad

348 calories; 14.5g fat; 38g protein; 17g carb; 2g fiber; 478mg sodium; 2mg iron

WK 3