

---

**Tilapia Fricassee-** Lightly floured, sautéed, w/ mushrooms, tomatoes, prosciutto or ham, onions, thyme and a white wine sauce.

**Tilapia Veracruz-** Tilapia, adobo seasoning, orange and lemon juice, red and green peppers, onions, diced tomatoes, dried thyme, dried oregano, cinnamon and olives baked in oven.

**Zuppa Toscana Soup-** Diced sweet Italian sausage, potatoes, onions, bacon, spinach garlic , thyme and heavy cream in a chicken stock.

**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” on your next visit. You will receive a new one each time you take out a meal.

---

*Rappahannock  
Westminster-Canterbury  
Irvington, Virginia*

*Winter, 2018-2019*

# *Dining Menu*



**Lunch**

Fresh Salad Bar  
Cream of Chicken & Wild Rice Soup

**Entrée Choices**

Andouille Sausage Shrimp & Grits  
Prime Rib of Beef with Au Jus

***Select Grill***

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

**Accompaniments**

Green Bean Casserole, Orange Glazed Beets  
Fresh Baked Sweet Potato

**Dinner**

Fresh Salad Bar  
Carrot & Ginger Soup

**Entrée Choices**

Mac & Cheese with Ham  
Swedish Meatballs

***Select Grill***

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

**Accompaniments**

Squash Medley, Braised Cabbage  
Buttered Noodles

**Desserts**

Assorted Desserts;  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Shrimp and Grits

346 cal.; 14g fat; 24g protein; 29g carbs; 1.8g fiber;870mg sodium

**WK 1**

**Menu Item Descriptions**

**Basque Chicken**– Baked Chicken breast seasoned with flour and bacon fat and cooked with red wine, sherry, onions, garlic green peppers, roasted tomatoes, chicken stock, basil, and bay leaves.

**Chicken Piccata**- Boneless Chicken breast pounded, lightly floured, sautéed & baked with a lemon caper sauce.

**Chicken Saltimbocca**- Chicken breast sautéed with Adobo seasoning, flour, Olive oil, cooked on the grille top and served with prosciutto, parmesan cheese, and Sage butter on top.

**Chili Con Carne**-ground beef with kidney bean, diced tomato, diced onion, Green chiles, chili powder, ground cumin, garlic, onion, and oregano

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

**Cider Stew** - beef stew, potatoes, carrots onions, celery cooked in apple cider

**Cincinnati Chili** –ground beef with tomato sauce, dice tomatoes, chili powder, cayenne pepper, cumin, white vinegar, beef broth, cumin, allspice, garlic and cooked elbow noodles serve with a sprinkle of cheddar cheese on top.

**Fish Bienville** –flounder or cod filet fold in half top with shrimp with sauce that includes (green and red peppers, mushrooms, green onions, onions white wine, Tabasco sauce, Worcestershire sauce finish off with cheddar, parmesan cheese and panko bread crumbs

**Flounder Francoise** –flounder filets dip in eggs, season with Italian seasoning, old bay seasoning with parmesan cheese bake in pan cover with white wine and caper butter sauce.

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

**Pork Pocket**– thin slices of pork and sauce in a pita bread

**Quinoa**– similar to regular white rice, brown rice and other grains such as wheat and barley. It is actually a seed but can be prepared like whole grains such as rice or barley.

**Ranch– fried Chicken Wings**-Joint wings floured w/ ranch dressing mix, chicken breader, flour and deep fried

**Roasted Vegetable Pasta**-Fettucine noodle, tomatoes, squash, leeks, olives, chicken broth and olive oil.

**Russian Potato Soup**-Diced potatoes, carrots, chicken stock, bacon, Worcestershire sauce, sherry, basil, bay leafs, garlic, butter, onions and celery.

**Scandinavian blend** –Peas, zucchini, green beans, carrots

**Scotch Broth**– corn beef, cabbage, onions, carrots, celery, chicken stock, scotch liquor, barley and potatoes

**Senate Bean Soup**-Navy beans, pork hock, celery, onions, oregano, bay leaves, fresh parsley, thickened w/ potato pearls.

**Seafood & Andouille Gumbo**-Andouille sausage, crayfish tail meat, shrimp, fish, seafood stock, red and green peppers, onion, celery, dice tomatoes, okra, Cajun seasoning, Worcestershire sauce and rice

**Shrimp Creole**-shrimp, Cajun seasoning, old bay seasoning, sautéed on flat top fold into a tomato sauce with pasta

**Szechwan Shrimp**-Shrimp toss in sauce ginger, honey, crush red pepper, soy sauce, garlic and slice green onions.

**NEXT PAGE**

**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.

**Lighter Fare and Other Grille Meal Options:**

Lighter Fare Meals are simply healthier options than the other meals. They are made to order as we cannot be sure who, or if, anyone will be ordering this option. 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 # 4016 for Holiday reservations  
Genita Maiden –Shearin ,Director of Culinary Services # 4091  
Regina Ward, for Catering Events # 4287  
Denise Cottrell Asst. Director of Culinary Services # 4015  
Dot Taylor - Manager for Kitchen-4344

**Lunch**

Fresh Salad Bar  
Minestrone

**Entrée Choices**

Eggplant Parmesan  
Tuna Melt  
***Select Grill***

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

**Accompaniments**

Fried Cauliflower, Spinach  
Pesto Orzo

---

**Dinner**

Fresh Salad Bar  
Cream of Celery Soup

**Entrée Choices**

Grilled Liver & Onions  
Pork Medallions with Brandied Mushroom Sauce  
***Select Grill***

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

**Accompaniments**

Cider Baked Apples, Sugar Snap Peas  
O’Brien Potatoes

**Desserts**

Hi Piled Apple Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY’S HEALTHY CHOICE OPTION**

Tuna Noodle Casserole

422 cal; 16.5g fat; 27.4g protein; 40.6g carbs; 3g fiber; 608mg sodium

**Rappahannock Westminster-Canterbury**  
**Tuesday Dining** Dec. 25; Jan. 22; Feb.19; March 19

**Lunch**

Fresh Salad Bar  
Cheddar Broccoli Chowder

**Entrée Choices**

\*Ranch Fried Chicken Wings  
Chopped Steak, Onions & Gravy

***Select Grill***

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

**Accompaniments**

Triple Succotash (Corn, Lima Beans, Red Peppers), Sautéed Cherry Tomatoes  
Loaded Mashed Potatoes

**Dinner**

Fresh Salad Bar  
Tomato Florentine

**Entrée Choices**

Curried Lamb Stew with Toppings  
Cod Fish Cake

***Select Grill***

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

**Accompaniments**

Buttered Carrots, Green Beans with Pimento's  
Delmonico Potatoes

**Desserts**

Triple Fudge Brownie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Guinness Lamb Stew

430 cal; 22.9g fat; 26.3g protein; 24.2g carb; 3.4g fiber; 702mg sodium

WK 1

**Rappahannock Westminster-Canterbury**  
**Saturday Dining** Jan. 19; Feb. 16; Mar. 16

**Lunch**

Fresh Salad Bar  
Chicken Noodle Soup

**Entrée Choices**

Filet of Fish Sandwich with Slaw  
Vegetarian Lasagna

***Select Grill***

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

**Accompaniments**

Carrots, Sugar Snap Peas  
Sweet Potato Wedge

**Dinner**

Fresh Salad Bar  
Split Pea & Ham Soup

**Entrée Choices**

Fried Oysters w / Slaw on the side  
Roast Leg of Lamb with Mint Jelly

***Select Grill***

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

**Accompaniments**

Tomato & Artichoke Casserole, Braised Swiss Chard  
Tri Color Potatoes

**Desserts**

Peanut Butter Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Prosciutto & Sage Wrapped Mahi Mahi  
261 cal; 19g fat; 36protein; 1g carb; 0g fiber; 576mg sodium

WK 4

**Rappahannock Westminster-Canterbury**

**Friday Dining** Jan. 18; Feb. 15; Mar. 15

**Lunch**

Fresh Salad Bar  
Corned Beef & Potato Soup

**Entrée Choices**

Baked Ziti w / Meat Sauce  
Sweet & Sour Pork

***Select Grill***

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

**Accompaniments**

Green Beans with Water Chestnuts, Asian Style Vegetables  
Jasmine Rice

**Dinner**

Fresh Salad Bar  
Carrot & Orange Soup

**Entrée Choices**

Beef Stroganoff & Noodles  
Salmon w / Sesame Ginger Glaze

***Select Grill***

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

**Accompaniments**

Sautéed Broccoli, Braised Celery & Peppers  
Garlic Roasted Fingerling Potatoes with Rosemary

**Desserts**

Carrot Layer Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Citrus Salmon with Garlicky Greens

303 cal; 14.4g fat; 28.2g protein; 13.5g carb; 0.5g fiber; 508mg sodium

**Rappahannock Westminster-Canterbury**

**Wednesday Dining** Dec. 26; Jan. 23; Feb. 20; March 20

**Lunch**

Fresh Salad Bar  
Black Bean Soup

**Entrée Choices**

\*Chimichanga  
\*Tilapia Veracruz

***Select Grill***

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

**Accompaniments**

Fried Breaded Okra made to order, Greens with Garlic & Bacon  
Roasted Potato Wedge

**Dinner**

Fresh Salad Bar  
Beef Noodle Soup

**Entrée Choices**

Fried Rainbow Trout  
(Slaw on the Side)

Grilled New York Strip w / Onion Straws

***Select Grill***

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

**Accompaniments**

Broccoli, Roasted Onions w / Sage  
Baked Potato

**Desserts**

Homemade Coconut Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Roast Chicken Chimichanga

380 cal; 9.7g fat; 28.8g protein; 42.5g carb; 6.5g fiber; 728mg sodium

**Rappahannock Westminster-Canterbury**  
**Thursday Dining** Dec. 27; Jan. 24; Feb. 21; Mar. 21

---

**Lunch**

Fresh Salad Bar  
\*Russian Potato Soup

**Entrée Choices**

Fried Oysters  
Chicken ala King with Biscuit  
*Select Grill*

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

**Accompaniments**

Italian Flat Green Beans, Beets  
Red Potatoes

---

**Dinner**

Fresh Salad Bar  
Vegetable Chowder

**Entrée Choices**

Spaghetti & Meat Sauce with Garlic Toast  
BBQ Baby Back Ribs  
*Select Grill*

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

**Accompaniments**

Roasted Brussels Sprouts, Mushroom Casserole  
Buttered Yukon Gold Potato

**Desserts**

Cranberry Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Wheat Spaghetti w / Turkey Meat Sauce

166 cal; 4.5g fat; 24.5g protein; 6.7g carbs; 0.1g fiber; 562mg sodium

WK 1

**Rappahannock Westminster-Canterbury**  
**Thursday Dining** Jan. 17; Feb. 14; Mar. 14

---

**Lunch**

Fresh Salad Bar  
Cream of Leek & Orzo with Sherry Soup

**Entrée Choices**

Baked Catfish w / Cheese  
Reuben Sandwich  
*Select Grill*

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

**Accompaniments**

Asparagus, Capri Vegetables  
Potato Cake

---

**Dinner**

Fresh Salad Bar  
\*Chili Con Carne

**Entrée Choices**

Fried Chicken  
\*Szechwan Shrimp over Rice  
*Select Grill*

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

**Accompaniments**

Roasted Yellow Squash, Creamed Spinach  
Rice Pilaf

**Desserts**

Peach Cobbler  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Crisp Lemon Pepper Catfish

272 cal; 12.6g fat; 31.8g protein; 8.6g carb; 4.1g fiber; 807mg sodium

WK 4

**Rappahannock Westminster-Canterbury**  
**Wednesday Dining** Jan. 16; Feb. 13; Mar. 13

---

**Lunch**

Fresh Salad Bar  
Wisconsin Beer Cheese Soup

**Entrée Choices**

Baked Meatloaf with Veggie Gravy  
Turkey Tetrazzini  
***Select Grill***

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

**Accompaniments**

Sugar Snap Peas, Ratatouille  
Cheesy Polenta

---

**Dinner**

Fresh Salad Bar  
Chicken and Vegetable Soup

**Entrée Choices**

Pork Chops w/ Fried Apples  
Clam Alfredo w / Crusty Baguette  
***Select Grill***

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

**Accompaniments**

Orange Braised Acorn Squash, Brussels Sprouts  
Barley & Mushrooms

**Desserts**

Homemade Hot Milk Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Clams in Herbed Tomato Broth

297 cal; 6.4g fat; 32.6g protein; 23.1g carb; 3.4g fiber; 999mg sodium

**WK 4**

**Rappahannock Westminster-Canterbury**  
**Friday Dining** Dec. 28; Jan 25; Feb. 22; Mar. 22

---

**Lunch**

Fresh Salad Bar  
Scotch Broth

**Entrée Choices**

\*Roasted Vegetable Pasta  
Cheeseburger  
***Select Grill***

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

**Accompaniments**

Green Peas, Sweet & Sour Red Cabbage  
Onion Rings

---

**Dinner**

Fresh Salad Bar  
Mushroom Barley Soup

**Entrée Choices**

Bronzed Salmon  
Oven Baked Ham with Marmalade Sauce  
***Select Grill***

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

**Accompaniments**

Acorn Squash, Asparagus  
Pineapple Soufflé

**Desserts**

Bread Pudding with Homemade Vanilla Sauce  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Ham & Asparagus Frittata

251 cal; 9.2g fat; 31.3g protein; 9.6g carb; 2g fiber; 791mg sodium

**WK 1**

**Lunch**

Fresh Salad Bar  
\*Cincinnati Chili

**Entrée Choices**

All Beef Hot Dogs  
Baked Fish

***Select Grill***

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

**Accompaniments**

Broccoli, Carrots  
Baked Beans

---

**Dinner**

Fresh Salad Bar  
Wild Rice Soup

**Entrée Choices**

Beef Tenderloin Pot Roast with Vegetables  
\*Basque Chicken

***Select Grill***

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

**Accompaniments**

Roasted Root Vegetable, Zucchini with Green Peppers  
Herb Roasted Two Potatoes

**Desserts**

Apple Cobbler ala Mode  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Stewed Beef & Vegetables over Rice

381 cal; 10.8g fat; 29g protein; 41g carbohydrate; 5g fiber; 482mg sodium

**WK 1**

**Lunch**

Fresh Salad Bar  
Pork & Oriental Noodle Soup

**Entrée Choices**

Chicken Cacciatore  
Fried Shrimp cooked to order

***Select Grill***

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

**Accompaniments**

Braised Baby Kale, Pearl Onions  
Spoon Bread

---

**Dinner**

Fresh Salad Bar  
Senate Bean Soup

**Entrée Choices**

Corned Beef Brisket  
Omelet Station

***Select Grill***

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

**Accompaniments**

Cabbage, Buttered Carrots  
Parslied Red Potatoes

**Desserts**

Ice Cream Sundae Bar  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Baked Chicken Cacciatore with Parmesan Polenta Rounds  
427cal; 15.5g fat; 43g protein; 24g carb; 5g fiber; 603mg sodium

**WK 4**



**Rappahannock Westminster-Canterbury**  
**Monday Dining** Jan. 14; Feb. 11; Mar. 11

---

**Lunch**

Fresh Salad Bar  
\*Mulligatawny Soup

**Entrée Choices**

Grilled Bacon Burger on Potato Bun  
Baked Red Snapper  
*Select Grill*

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

**Accompaniments**

Sautéed Pearl Onions, Prince Edward Blend (carrots, green & wax beans)  
Side Winder Fries to order

---

**Dinner**

Fresh Salad Bar  
Cream of Wild Mushroom Soup

**Entrée Choices**

\*Chicken Saltimbocca  
Beef Pot Pie  
*Select Grill*

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

**Accompaniments**

Sesame Green Beans, Cauliflower Au Gratin  
Hash Brown Potatoes

**Desserts**

Chocolate Eclairs  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Broiled Red Snapper with Ginger Lime Butter  
202 cal; 6.5g fat; 33.6g protein; 0.2g carb; 0.1g fiber; 546mg sodium

**WK 4**

**Rappahannock Westminster-Canterbury**  
**Sunday Dining** Dec. 30; Jan. 27; Feb 24;

---

**Lunch**

Fresh Salad Bar  
Crab & Corn Chowder

**Entrée Choices**

Roast Turkey with Giblet Gravy & Dressing  
Eggs Benedict  
*Select Grill*

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

**Accompaniments**

Pearl Onions, Asparagus  
Candied Yams

---

**Dinner**

Fresh Salad Bar  
Butternut Squash Soup

**Entrée Choices**

Chicken Parmesan  
Pulled Pork Caroline & Cole Slaw on a Bun  
*Select Grill*

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

**Accompaniments**

Sugar Snap Peas, Spinach  
Buttered Wheat Pasta

**Desserts**

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Chicken Parmesan with Oven-Roasted Tomato Sauce

391 cal; 19.6g fat; 34.2g protein; 16.1g carb; 2.9g fiber; 594mg sodium

**WK 2**

**Lunch**

Fresh Salad Bar  
Tomato Soup

**Entrée Choices**

Southwestern Chil w / Corn Muffin  
Grilled Cheddar Cheese Sandwich

***Select Grill***

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

**Accompaniments**

Carrot & Pepper Medley, Zucchini Squash  
Country Fried Potatoes

**Dinner**

Fresh Salad Bar  
Cock-a-Leekie Soup  
(chicken & leeks)

**Entrée Choices**

Stuffed Green Peppers  
\*Fish Bienville

***Select Grill***

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

**Accompaniments**

Butternut Squash with Orange & Ginger Glaze, Baked Artichoke  
Corn O'Brien

**Desserts**

Ice Cream Sundae Bar  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Butternut Strata with Guyere & Sauteéd Green Beans & Mushrooms  
88cal; 6.5g fat; 2g protein; 7g carb; 2g fiber; 140mg sodium

**Lunch**

Fresh Salad Bar  
Corn Chowder with Shrimp

**Entrée Choices**

Chicken Marsala  
Pork Tenderloin with Dijon Crème

***Select Grill***

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

**Accompaniments**

Beets, Broccoli Casserole  
Wild Rice Pilaf

**Dinner**

Fresh Salad Bar  
Cheeseburger Soup

**Entrée Choices**

Brunswick Stew  
Italian Wrapped Sandwich

***Select Grill***

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

**Accompaniments**

Fried Mushrooms, Zucchini  
Parmesan Risotto

**Desserts**

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Pork Marsala  
495 cal; 13.7g fat; 35.9g protein; 49.9g carb; 3.8 g fiber; 651mg sodium

**Rappahannock Westminster-Canterbury**  
**Saturday Dining** Jan. 12; Feb 9; Mar. 9

---

**Lunch**

Fresh Salad Bar  
Beef Barley Soup

**Entrée Choices**

Sausage & Kraut  
Chicken Salad Melt on a Croissant

***Select Grill***

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

**Accompaniments**

Steamed Parsnips, Bake Tomatoes w / Basil  
Roasted Potato Wedge

---

**Dinner**

Fresh Salad Bar  
Chicken & Corn Chowder

**Entrée Choices**

Burgundy Beef Tips with Exotic Mushrooms  
Baked Salmon with Cream Dill Sauce

***Select Grill***

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

**Accompaniments**

California Blend, Baked Acorn Squash  
Orzo Casserole

**Desserts**

Tiramisu  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Sesame Salmon with Green Onions & Lemon

312 cal; 17.9g fat; 29g protein; 7g carb; 3.4g fiber; 378mg sodium

WK 3

**Rappahannock Westminster-Canterbury**  
**Tuesday Dining** Jan. 1; Jan. 29; Feb. 26

---

**Lunch**

Fresh Salad Bar  
7 Bean Soup

**Entrée Choices**

\*Cider Beef Stew  
Open Face Turkey Sandwich

***Select Grill***

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

**Accompaniments**

Spiced Beets, Broccoli  
Mashed Potatoes

---

**Dinner**

Fresh Salad Bar  
Black Eyed Pea Soup

**Entrée Choices**

Fried Chicken with Honey  
Pork Chops with Gravy

***Select Grill***

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

**Accompaniments**

Collard Greens, Stewed Tomatoes  
Mac & Cheese

**Desserts**

Homemade Italian Crème Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Beef Stew with Carrots & Mushrooms

303 cal; 9.8g fat; 26.4g protein; 26.8g carb; 2.3g fiber; 494mg sodium

WK 2

**Rappahannock Westminster-Canterbury**  
**Wednesday Dining** Jan.2; Jan; 30; Feb 27

---

**Lunch**

Fresh Salad Bar  
Turkey Noodle Soup

**Entrée Choices**

\*Pork Pockets  
Salmon Cakes

***Select Grill***

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

**Accompaniments**

Spaghetti Squash, Spinach Soufflé  
Herb Rice Pilaf

---

**Dinner**

Fresh Salad Bar  
White Chili

**Entrée Choices**

\*Shrimp Creole over Rice  
Braised Short Rib of Beef

***Select Grill***

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

**Accompaniments**

French Green Beans Almandine, Roasted Cauliflower  
Baked Potato

**Desserts**

Apple Cranberry Crisp  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Greek Shrimp with White Beans, Tomato Sauce & Feta  
With Lemon Dill Orzo Pilaf

635 cal; 21.1g fat; 39g protein; 73g carb; 3g fiber; 595mg sodium

**WK 2**

**Rappahannock Westminster-Canterbury**  
**Friday Dining** Jan. 11; Feb. 8; Mar. 8

---

**Lunch**

Fresh Salad Bar  
New England Fish Chowder

**Entrée Choices**

Shepherd's Pie  
Smothered Baked Chicken with Onions

***Select Grill***

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

**Accompaniments**

Sautéed Baby Spinach, Buttered Carrots  
Parslied Buttered Noodles

---

**Dinner**

Fresh Salad Bar  
Lima Bean Soup

**Entrée Choices**

BBQ Flat Short Rib with Corn Muffin  
Orange Glazed Duck

***Select Grill***

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

**Accompaniments**

Asparagus, Sautéed Mushrooms  
Baked Sweet Potato & Pear w / Goat Cheese

**Desserts**

Ginger Pumpkin Trifle  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Shepherd's Pie

377 cal; 13.7g fat; 20.2g protein; 39.9g carb; 5.7g fiber; 536mg sodium

**WK 3**

**Rappahannock Westminster-Canterbury**  
**Thursday Dining** Jan. 10; Feb. 7; Mar. 7

---

**Lunch**

Fresh Salad Bar  
Cilantro Lime Mex Chili

**Entrée Choices**

Turkey Taco Salad  
Salisbury Steak with Mushroom Gravy

***Select Grill***

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

**Accompaniments**

Broccoli, Wax Beans with Pimento  
Cottage Potatoes

---

**Dinner**

Fresh Salad Bar  
Cream Base Oyster Stew

**Entrée Choices**

Fried Chicken  
Marinated Flank Steak

***Select Grill***

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

**Accompaniments**

Collard Greens, Corn Pudding  
Roasted Potatoes

**Desserts**

Homemade Lemon Pound Cake with Hot Lemon Sauce  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Shrimp with Mushrooms & Rice  
438 cal; 6.7g fat; 40g protein; 56.6g carb; 3.6g fiber; 733mg sodium

**Rappahannock Westminster-Canterbury**  
**Thursday Dining** Jan. 3; Jan 31; Feb.28

---

**Lunch**

Fresh Salad Bar  
Beef Vegetable Soup

**Entrée Choices**

Glazed Apricot Chicken  
Ham & Swiss Quiche

***Select Grill***

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

**Accompaniments**

Sautéed Shaved Brussels Sprouts, Bermuda Blend  
Brown Rice

---

**Dinner**

Fresh Salad Bar  
Parsnip Chowder

**Entrée Choices**

Baked Meatloaf with Gravy  
Fried Catfish w / Hushpuppies

***Select Grill***

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

**Accompaniments**

Broccoli, Ratatouille  
Mashed Potatoes with Sour Cream & Chives

**Desserts**

Cherry Cobbler  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Crustless Broccoli & Cheese Quiche  
216 cal; 6.9g fat; 17.9g protein; 22.7g carb; 4.1g fiber; 577mg sodium

**Rappahannock Westminster-Canterbury**  
**Friday Dining** Jan. 4; Feb 1; March 1

**Lunch**

Fresh Salad Bar  
Creamy Curried Sweet Potato Soup

**Entrée Choices**

Beef Taco Salad  
Basil & Feta Cheese Omelet

***Select Grill***

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

**Accompaniments**

Roasted Butternut Squash; Peas  
Onion Rings to order

**Dinner**

Fresh Salad Bar  
French Onion Soup

**Entrée Choices**

Seafood Platter  
\*Chicken Picatta

***Select Grill***

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

**Accompaniments**

Roma Tomato Casserole, Sautéed Spinach  
Cheese Grits

**Desserts**

Homemade Sweet Potato Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Pepperoni, Onion & Olive Pizza

281 cal; 6.7g fat; 12.1g protein; 44.2g carb; 5.8g fiber; 584mg sodium

**WK 2**

**Rappahannock Westminster-Canterbury**  
**Wednesday Dining** Jan. 9; Feb 6; March 6

**Lunch**

Fresh Salad Bar  
Cream of Artichoke Soup

**Entrée Choices**

Chicken Livers & Onion  
Roasted Pork Tenderloin

***Select Grill***

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

**Accompaniments**

Fried Fresh Apples, Green Peas  
Barley

**Dinner**

Fresh Salad Bar  
Chicken Noodle and Corn Soup

**Entrée Choices**

Lasagna Bolognese with Garlic Toast  
Grilled Tuna Steak to order

***Select Grill***

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

**Accompaniments**

Steamed Cauliflower with Nutmeg, \*Scandinavian Blend  
Couscous

**Desserts**

Fruit Cocktail Bread Pudding with Pineapple Sauce  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Zucchini & Eggplant Lasagna

216 cal; 7.7g fat; 12.7g protein; 25.7g carb; 4.2g fiber; 393mg sodium

**WK 3**

**Rappahannock Westminster-Canterbury**  
**Tuesday Dining** Jan. 8; Feb 5; ; March 5

**Lunch**

Fresh Salad Bar  
Potato Chowder

**Entrée Choices**

Fried Oysters to order  
Grilled Ham Steak to order with Pineapple Sauce  
***Select Grill***

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

**Accompaniments**

Sautéed Kale, Honey Ginger Carrots  
Baked Sweet Potato

**Dinner**

Fresh Salad Bar  
Lentil Soup

**Entrée Choices**

Chicken Curry with Toppings  
Slow Cooked Brisket with Gravy  
***Select Grill***

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

**Accompaniments**

Carrots & Parsnips; Green Beans with Caramelized Onions  
Quinoa

**Desserts**

Homemade Pecan Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Beef Brisket marinated in Beer

160 cal; 5g fat; 20.5g protein; 5.6g carb; 1.1g fiber; 232mg sodium

Q

WK 3

**Rappahannock Westminster-Canterbury**  
**Saturday Dining** Jan. 5; Feb 2; March 2

**Lunch**

Fresh Salad Bar  
\*Zuppa Toscana Soup

**Entrée Choices**

Buffalo Burgers  
Chicken, Spinach & Artichoke Bake  
***Select Grill***

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

**Accompaniments**

Sautéed Parslied Yellow Squash, 4-way Vegetable Blend  
Steak Fries to order

**Dinner**

Fresh Salad Bar  
New England Clam Chowder

**Entrée Choices**

Apple Spice Pork Loin  
\*Flounder Françoise  
***Select Grill***

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

**Accompaniments**

Whole Green Beans with Balsamic Vinegar, Harvard Beets  
Sweet Potato Soufflé

**Desserts**

Cheese Cake with Fruit Sauce  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Buffalo Burger on English Muffin

348 cal; 12g fat; 30.3g protein; 27.8g carb; 1.8g fiber; 323mg sodium

WK 2

**Rappahannock Westminster-Canterbury**  
**Sunday Dining** Jan. 6; Feb 3; March 3

---

**Lunch**

Fresh Salad Bar  
\*Seafood & Andouille Gumbo

**Entrée Choices**

Grilled New York Strip with Maître d Butter to order  
Pancake Breakfast with Choice of Eggs

***Select Grill***

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

**Accompaniments**

Roasted Root Vegetables, Carrot Soufflé  
Pan Fried Hash Browns

---

**Dinner**

Fresh Salad Bar  
Cream of Tomato Soup

**Entrée Choices**

Gourmet Grilled Cheese  
(Blue, Cheddar, Swiss & Gouda)

Baked Trout

***Select Grill***

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

**Accompaniments**

Green Cabbage; Italian Blend Vegetables  
French Fries to order

**Desserts**

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Pan Seared Trout

507 cal; 23.8g fat; 29.4g protein; 43g carb; 2.6g fiber; 709mg sodium

Wk 3

**Rappahannock Westminster-Canterbury**  
**Monday Dining** Jan. 7; Feb; 4; March 4

---

**Lunch**

Fresh Salad Bar  
Vegetable Soup

**Entrée Choices**

Baked Potato with Toppings  
Rib-eye Steak Sandwich with Provolone & Fried Onions on a Toasted  
Sesame Bun

***Select Grill***

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

**Accompaniments**

Okra & Tomatoes, Sugar Snap Peas  
Seasoned Fries made to order

---

**Dinner**

Fresh Salad Bar  
Cream of Spinach Soup

**Entrée Choices**

Lobster Quiche  
Hungarian Pork Goulash

***Select Grill***

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

**Accompaniments**

Pepper Medley, Sautéed Broccoli with Onions & Pine Nuts  
Buttered Noodles

**Desserts**

Double Layer Chocolate Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S HEALTHY CHOICE OPTION**

Lobster Risotto

374 cal; 10.7g fat; 24.7g protein; 44.4g carb; 4.1g fiber; 620mg sodium

WK 3