

*Rappahannock
Westminster-Canterbury
Irvington, Virginia*

Spring, 2019

Dining Menu



Rappahannock Westminster-Canterbury
Sunday Dining Mar. 24; Apr. 21; May 19; Jun. 16;

Lunch

Fresh Salad Bar
Seafood & Andouille Gumbo *

Entrée Choices

Chicken Piccata *
Bronzed Catfish
Pancake Breakfast w / Bacon

Select Grill

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

Accompaniments

Roasted Brussels Sprouts, Roma Tomato Casserole
O'Brien Potatoes

Dinner

Fresh Salad Bar
Tomato Soup

Entrée Choices

Grilled Cheddar & Swiss Cheese Sandwich
Grilled Hot Dog w/Fixings

Select Grill

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

Accompaniments

Green Peas, Roasted Yellow Squash
Baked Beans

Desserts

Assorted Desserts;
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Risotto Primavera w/Balsamic Kale & Radicchio Sauté *
421cal.; 13.1g fat; 3g protein; 62g carbs; 6g fiber;332mg sodium

WK 1

NOTES

*** Lighter Fare Item Descriptions**

Fish on a Stick—Cod or other white fish, pumpkin seeds, lemon rind, fresh parsley, low fat tzatziki sauce.

Grilled Shrimp w / Blue Cheese Polenta—Grilled shrimp with soaked blue cheese polenta.

Mexican Style Grilled Vegetable Sandwich—Red peppers, oregano, cumin, red pepper, black beans, zucchini, red onion, ciabatta, reduced fat pepper Jack cheese.

Peking Turkey Wrap—Turkey, carrots, cucumbers, Hoisin sauce.

Risotto Primavera w / Kale— Olive oil, chopped onion, mushrooms, garlic parsley, peas white wine, sherry vinegar, parmesan cheese, crushed red peppers sautéed kale and Radicchio.

Sausage Cannellini & Tomato Ragout—Italian sausage, tomato paste, garlic, red wine, red pepper flakes, diced tomatoes, cannellini beans, onion, oregano served in pasta bowl.

Spanish Style Catfish—Roasted red bell peppers, sherry vinegar, smoked paprika, red pepper, garlic, flat leaf parsley.

Thai Beef & Basil Noodles—Beef, rice noodles, oyster sauce, basil, soy sauce, pepper, ginger, bok choy & shiitaki gravy.

Lunch

Fresh Salad Bar
Cheddar Cheese Soup

Entrée Choices

Chicken Tenders w/Honey Mustard Sauce
Baked Cod w/Onions

Select Grill

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

Accompaniments

Wax Beans, Steamed Broccoli
French Fries Cook to Order

Dinner

Fresh Salad Bar
Lemon Chicken Curry Soup

Entrée Choices

Spaghetti w/Meat Sauce
Grilled Pomegranate Chicken Breast
(grilled to order)

Select Grill

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

Accompaniments

Cauliflower w/Pimento, Zucchini Squash
Herb Parmesan Roasted Potatoes

Desserts

Cherry Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Lemon Chicken Kabob w/Tomato Parsley Salad
311 cal: 14.9g fat; 38g protein; 6 carbs; 2g fiber; 297mg sodium

Lunch

Fresh Salad Bar
Ham & Potato Chowder

Entrée Choices

Corned Beef
Shrimp Tacos

Select Grill

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

Accompaniments

Cabbage, Carrots
Red Potato

Dinner

Fresh Salad Bar
Creamy Spring Onion Soup

Entrée Choices

Pork Tenderloin w/Apple Chutney
Flounder w/Brown Butter

Select Grill

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

Accompaniments

Sautéed Baby Spinach, Sugar Snap Peas
Spoon Bread

Desserts

Strawberry Mousse
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Grilled Pork Tenderloin w/Orange-Sesame Asparagus & Rice
420cal: 15.2g fat; 26g protein; 53g carb; 8g fiber; 260mg sodium

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

Parmesan Chicken-Boneless chicken breast pounded, coated w/ a mixture of plain yogurt, parmesan cheese, ranch dressing mix, panko bread crumbs and then baked.

Potato Hash-Shredded hash brown, cream of mushroom or cream of celery soup onions, garlic with shredded cheddar cheese.

Ranch-fried Chicken Wings- Wing joint floured w/ ranch dressing mix, chicken breader, flour and deep fried.

Red Snapper Provençal- Red Snapper with green and red peppers, diced tomatoes, onions, mushrooms, olives in a white wine, lemon juice and olive oil season with old bay, thyme and oregano baked in oven.

Remoulade Sauce-Mayonnaise, chili sauce, mustard, hot sauce, fresh lemon juice, capers, sweet relish, Worcestershire sauce and scallions.

Seafood Gumbo- Cod, Crabmeat, Shrimp and Andouille sausage with rice, okra, red & green peppers, onion, celery tomatoes, all diced, Cajun seasoning.

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

Sole Veronique-Filet of Sole or Flounder, in a white wine, sherry and grapes sauce.

Stuffed Flounder-Flounder filet stuffed w/ a crab cake mixture, splash w/ white wine, sprinkled w/ paprika baked and served w/ a hollandaise Sauce.

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

Tomato Florentine Soup - Tomato soup with spinach

Tortellini en Brodo-Cheese tortellini in a chicken stock w/ fresh parsley.

Turkey Tetrazzini-Cubed turkey, onions, celery, peas, pimento's and pasta noodles tossed in a cream chicken base sauce, topped w/ bread crumbs and Asia goat cheese and baked.

Tzatziki Sauce-Plain greek yogurt, olive oil, fresh lemon juice, fresh dill, garlic and cucumber.
potatoes, onions, bacon, spinach garlic, thyme and heavy cream in a chicken stock.

Zuppa Toscana Soup- Diced sweet Italian sausage

Chili Mac-Ground beef, celery, red and green peppers, garlic, chili powder, onions, tomatoes, noodles, kidney beans topped with cheese and sour cream.

Chimichanga-Chopped beef or chicken, onions, taco seasoning, cheddar cheese rolled in a flour tortilla shell then deep fried and served w/ salsa, sour cream and olives.

Clam Casino-Chopped clams, bacon, red and green peppers, garlic, white wine, bread crumbs, parmesan cheese fresh chopped parsley and baked.

General Tso's Chicken-Boneless Chicken thigh meat cubes, floured w/ Corn Starch deep fried, tossed and baked in an Asian sauce.

Greek Lemon Chicken-Chicken cubes, fresh squeezed lemon juice, carrots, onions, celery, egg yolks, and white rice in a chicken stock.

Greek Shrimp w/ Olives and Feta-Shrimp sautéed w/ Shallots, garlic, white wine, tomatoes, oregano and topped w/ Feta Cheese and fresh parsley.

Grilled Shrimp Caesar Wrap-Grilled shrimp with lettuce, tossed with parmesan cheese placed in a wrap.

Harvard Beets-Brown sugar, apple cider vinegar, Mrs. Dash, and butter thickened w/ corn starch.

Italian Club-Genoa and cotto Salami, garlic Bologna, Provolone cheese, Romaine lettuce, tomato, red onions and Creamy Italian Dressing served on a Sub roll.

Kentucky Hot Brown- Open faced Turkey sandwich on white bread w/ a slice of tomato and topped with a Mornay Sauce and Parmesan Cheese and baked.

Lamb Burger w / Tzatziki Sauce- Ground lamb, crumble feta cheese on Whole Grain Bun with sauce (cucumber, plain yogurt, olive oil, lemon juice, chopped dill, cloves garlic).

Linguini Seafood Bowl-Shrimp, Bay Scallops, Baby Clams, Lump Crabmeat sautéed and season w/ olive oil, white wine, Old bay, and fresh chives tossed with Linguini Noodles and served in a Pasta Bowl.

Lyonnais Potato-Russet potato sliced thin, olive oil, onions, butter layered in pan.

Mediterranean Grilled Tuna-Tuna Steak season w/ lemon pepper seared and served on top of sautéed spinach mixture w/ kalamata olives, artichoke hearts, sun-dried tomatoes, caper and then topped w/ Feta cheese.

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

Mediterranean White Bean Soup-Dried Navy beans, bay leaves, thyme, basil, rosemary, onions, carrots cooked in a chicken stock.

Lunch

Fresh Salad Bar
Creamy Reuben Soup

Entrée Choices

Pulled Pork BBQ w/Slaw on a Potato Roll
Baked Tilapia Francese *

Select Grill

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

Accompaniments

Fried Okra, Green Peas & Pearl Onions
Baked Potato Wedge

Dinner

Fresh Salad Bar
Hot & Sour Soup

Entrée Choices

Scallops w/Snow Peas & Tofu
Sliced Roast Sirloin w/Mushroom Gravy

Select Grill

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

Accompaniments

Mixed Oriental Style Vegetables, Sesame Green Beans
Jasmine Rice

Desserts

Sundae Bar
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Grilled Scallops Scampi Style w/Arugula & Herb Salad
273cal; 14.7g fat; 22g protein; 11g carb; 2g fiber; 380g sodium

Lunch

Fresh Salad Bar
Caldo Verde Soup
(Kale, Potato, Sausage, Red Onion)

Entrée Choices

Kentucky Hot Brown *
Quiche Lorraine

Select Grill

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

Accompaniments

Hot Pickled Beets, Lima Beans
Anna Potato

Dinner

Fresh Salad Bar
Navy Bean Soup

Entrée Choices

Fried Chicken
Keilbasa & Kraut

Select Grill

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

Accompaniments

Collard Greens, Ratatouille
Mac & Cheese

Desserts

Homemade Carrot Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Artichoke & Spinach Strata
292cal; 11.3g fat; 19g protein; 28g carbs; 6g fiber; 584mg sodium

Related Phone Numbers:

Hostess Line #4516 for most reservations
Betty Polk - Office Manager #4016 for Holiday reservations
& Brunch
Genita Maiden-Shearin - Director of Culinary Services #4091
Denise Cottrell - Asst. Director of Culinary Services - #4015
Tara Mathis-Dietitian - # 4019 (cell 804-832-6374)
Regina Ward— Catering Manager# 4287
Dot Taylor—Production Manager # 4344

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.

*** Menu Item Descriptions**

Asian Baked Chicken Wings-Baked chicken wing joint that
have been marinated in hoisin sauce, teriyaki sauce, brown
sugar, garlic and ginger.

Beef Paprikash-Beef cubes cooked w/ onions, ketchup,
Worcestershire, brown sugar, mustard powder, paprika in a
beef stock thickened w/ a roux.

Beef Tenderloin Steak Diane-Heavy cream, butter,
mushrooms, cognac or brandy, steak sauce, peppercorns and
beef broth.

Bok Choy-Braised Bok Choy, sesame oil, chicken stock ginger
grated, soy sauce.

Cauliflower Polonaise-Chopped boiled eggs and buttered
bread crumbs on top of steamed cauliflower.

Challah Bread French Toast-Toasted challah bread mixed
with brown sugar, heavy cream, milk, cinnamon, nutmeg, eggs
topped with fresh strawberry slices.

Chesapeake Bay Crab Omelet-Lump crab mixture lightly
tossed w/ Old Bay, fresh squeezed lemon juice, fresh chopped
chives and mayo cooked in a fluffy egg mixture and heavy
cream.

Chicken— fried Pork-pounded Pork Tenderloin Medallions
dredged in flour, egg wash, bread crumbs w/ seasonings and
then deep fried.

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

Chicken Rochambeau-Boneless Chicken breast pounded,
sautéed w/ oil, placed on top an English Muffin topped w/ ham,
swiss cheese and a poulet Sauce (mushrooms, white wine,
parsley and lemon juice).

Grille hours:

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

GUEST MEAL PRICES

**Breakfast -\$6.00, Lunch -(Mon-Sat) \$10.25,
Dinner(Mon-Sat) \$15.00, Sunday Lunch \$15.00,
Sunday Dinner, \$10.25**

GUEST SPECIAL MEAL PRICES

**Holiday Brunch includes wine, \$28.50,
Sunday Brunch includes wine, \$28.50,
Picnic Lunch (Summer Holidays)
\$17.50 includes beer.**

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 a large menu is served from 11:00 a.m.–2:00 p.m.. These are full waited service in the Grille and Formal Dining Rooms. Reservations are not needed for seating in the Grille, but are recommended for seating in the Formal Dining Room. **Call for reservations on 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.

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.** These 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, please **call the Hostess line #4516 to order** and advise what time you will pick up your meal. Other menu items you may order are the **Chopped Steak, Chicken or Fish.**

Lunch

Fresh Salad Bar
Cream of Chicken w/Orzo Soup

Entrée Choices

Vegetarian Pizza on Flat Bread
Beef Liver w/Onions & Bacon

Select Grill

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

Accompaniments

Braised Kale, Roasted Butternut Squash
Steak Fries

Dinner

Fresh Salad Bar
Manhattan Clam Chowder

Entrée Choices

Chicken Rochambeau *
Crabmeat Topped Rainbow Trout

Select Grill

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

Accompaniments

Gorgonzola Stuffed Tomato, Sautéed Broccoli
Baked Sweet Potato w / Sour Cream & Cinnamon

Desserts

Warm Triple Fudge Brownie Chantilly
Ice Cream
Freshly Baked Cookies

TODAY’S LIGHTER FARE OPTION

Mushroom, Asparagus & Red Pepper Pizza
373cal; 12.2g fat; 17g protein; 48g carb; 8g fiber; 273mg sodium

Rappahannock Westminster-Canterbury
Saturday Dining Mar. 30; Apr. 27; May 25; Jun. 22;

Lunch

Fresh Salad Bar
Sweet Pea Soup

Entrée Choices

Hamburger w/Swiss & Cheddar on a Sesame Roll
Chicken Caesar Salad

Select Grill

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

Accompaniments

Sautéed Mushrooms, Green Beans
Dijon Roast Potato

Dinner

Fresh Salad Bar
Crab Bisque

Entrée Choices

Lamb Roast w/Mint Jelly
Greek Shrimp w/Olives & Feta*

Select Grill

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

Accompaniments

Asparagus, Bok Choy *
Wild Rice Pilaf

Desserts

Pan Éclair
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Grilled Chicken Salad w/Orange Vinaigrette
345cal; 16.8g fat; 39g protein; 9g carbohydrate; 2g fiber; 357mg sodium

WK 1

Rappahannock Westminster-Canterbury
Saturday Dining Apr. 20; May 18; Jun. 15;

Lunch

Fresh Salad Bar
Potato & Chives Soup

Entrée Choices

Grilled Chicken Sandwich
Cornmeal Fried Catfish

Select Grill

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

Accompaniments

Red Cabbage, Italian Green Beans
Hush Puppies

Dinner

Fresh Salad Bar
Cream of Wild Mushroom Soup

Entrée Choices

Chipotle Rub Prime Rib
Mediterranean Grilled Tuna*

Select Grill

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

Accompaniments

Cauliflower Polonaise, * Swiss Chard
Stuffed Baked Potato

Desserts

Blueberry Bread Pudding
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Maple & Mustard Seared Tuna
223cal; 24g fat; 35g protein; 12g carb; 0g fiber; 260mg sodium

WK 4

Rappahannock Westminster-Canterbury
Friday Dining Apr. 19; May 17; Jun. 14;

Lunch

Fresh Salad Bar
Chicken Noodle Soup

Entrée Choices

Monte Cristo Sandwich w/Melba Sauce*
Sausage Quiche
Select Grill

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

Accompaniments

Ratatouille, Broccoli
Roasted Rosemary Potatoes

Dinner

Fresh Salad Bar
Boston Clam Chowder

Entrée Choices

Chicken Cordon Bleu
Baked Salmon w / Dill Cream Sauce
Select Grill

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

Accompaniments

Sautéed Baby Spinach, Baked Tomato ½ with Blue Cheese, Cottage Potato

Desserts

Boston Cream Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Pan Seared Salmon
223cal; 24g fat; 35g protein; 12g carb; 0g fiber; 260mg sodium

WK 4

Rappahannock Westminster-Canterbury
Sunday Dining Mar. 31; Apr. 28; May 26;

Lunch

Fresh Salad Bar
Shrimp Gumbo

Entrée Choices

Challah Bread French Toast w/Strawberries *
Beef Tenderloin w/Bernaise
Grilled Chicken Breast

Select Grill

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

Accompaniments

Roasted Artichoke, Sautéed Yellow Squash & Onions,
Yukon Gold Potatoes

Dinner

Fresh Salad Bar
Tortellini en Brodo Soup *

Entrée Choices

Crab Cake Sandwich w/Oat Top Wheat Roll & Remoulade
Asian Baked Chicken Wings
Select Grill

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

Accompaniments

Petite Green Beans, Shoe Peg White Corn
Paprika Potato

Desserts

Assorted Desserts
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Tilapia w/ Green Beans & Tomatoes
297cal; 10.6g fat; 37g protein; 14g carb; 4g fiber; 328mg sodium

WK 2

Rappahannock Westminster-Canterbury
Monday Dining April 1; Apr. 29; May 27;

Lunch

Fresh Salad Bar
Mushroom Barley Soup

Entrée Choices

Baked Ziti w/made to Order Garlic Toast
Curry Chicken Wrap

Select Grill

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

Accompaniments

Sautéed Snow Peas, Pepper Medley
Dill Potato

Dinner

Fresh Salad Bar
Onion Soup

Entrée Choices

Bangers & Mash
Shrimp Scampi over Rice

Select Grill

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

Accompaniments

Green Peas, Sautéed Cherry Tomato
Brown Rice

Desserts

Lemon Ice-Box Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Spring Vegetable Pasta

351cal; 11.8g fat; 14g protein; 47g carb; 5g fiber; 307mg sodium

WK 2

Rappahannock Westminster-Canterbury
Thursday Dining Apr. 18; May 16; Jun. 13;

Lunch

Fresh Salad Bar
Senate Bean Soup

Entrée Choices

Turkey Taco Salad
BBQ Baby Back Ribs

Select Grill

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

Accompaniments

Collard Greens, Baked Beans
Corn Casserole

Dinner

Fresh Salad Bar
Asparagus, Lemon & Risotto Soup

Entrée Choices

General Tao's Chicken*
Beef Broccoli Stir Fry

Select Grill

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

Accompaniments

Egg Roll, Oriental Vegetables, Braised Celery
Jasmine Rice

Desserts

Homemade Chocolate Cake
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Beef Flatbread Tacos w / Cucumber & Yogurt Sauce
411cal; 21.8g fat; 36g protein; 16g carb; 2g fiber; 303mg sodium

WK 4

Rappahannock Westminster-Canterbury
Wednesday Dining Apr. 17; May 15; Jun. 12;

Lunch

Fresh Salad Bar
Split Pea Soup

Entrée Choices

Grilled Italian Sausage w/Peppers on a Bun
Baked Chicken w / Gravy

Select Grill

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

Accompaniments

Braised Radishes, Baby Kale, Whipped Potatoes

Dinner

Fresh Salad Bar
Mushroom & Barley Soup

Entrée Choices

RW-C Chef's Dinner Salad
Sole Veronique*

Select Grill

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

Accompaniments

Sugar Snap Peas, Plain Beets
Country Fried Potatoes

Desserts

Strawberry Pound Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Broiled Sole w / Lemon
355cal; 21.6g fat; 37g protein; 1 carb; 0g fiber; 237mg sodium

Rappahannock Westminster-Canterbury
Tuesday Dining April 2; Apr. 30 ; May 28;

Lunch

Fresh Salad Bar
Chicken & Corn Chowder

Entrée Choices

Lamb Burger w/Tzatziki Sauce * on a Whole Grain Bun
Clam Casino Casserole *

Select Grill

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

Accompaniments

Oven Roasted Eggplant & Vidalias; Carrots
Hash Brown Potato

Dinner

Fresh Salad Bar
Lima Bean Soup

Entrée Choices

Fish & Chips
(cook to order)
Herb Roasted Chicken

Select Grill

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

Accompaniments

Stewed Tomatoes, Spinach Casserole
Steak Fries

Desserts

Rice Pudding
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Lighter Version Lamb Burger w/Feta-Mint Spread
341cal; 15.1g fat; 26g protein; 25g carb; 4g fiber; 249mg sodium

Rappahannock Westminster-Canterbury
Wednesday Dining April 3, May 1, May 29;

Lunch

Fresh Salad Bar
Meat Ball Soup

Entrée Choices

Chimichanga*
Cobb Salad
(made to order)

Select Grill

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

Accompaniments

Green Beans w/Red Pepper, Steamed Cauliflower w/Nutmeg
Fried Apples

Dinner

Fresh Salad Bar
Cream of Spinach Soup

Entrée Choices

*Beef Paprikash over Noodles
Baked Mahi Mahi

Select Grill

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

Accompaniments

Broccoli, Succotash
Parslied Noodles

Desserts

Homemade Coconut Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Healthy Choice Cobb Salad

333cal;21.7g fat;27.2 protein;8.9g car.;2.9g fiber; 487 mg sodium

Rappahannock Westminster-Canterbury
Tuesday Dining Apr. 16; May 14; Jun. 11;

Lunch

Fresh Salad Bar
Southwest Corn Chowder

Entrée Choices

Turkey Meat Loaf
Omelet Station

Select Grill

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

Accompaniments

Pineapple Casserole, Zucchini w/Tomatoes
Red Mashed Potatoes

Dinner

Fresh Salad Bar
Soup du Jour

Entrée Choices

Sliced Roasted Sirloin Au jus
Shrimp & Mussel Scampi

Select Grill

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

Accompaniments

Chuck Wagon Blend (corn, onion, red & green pepper),
Exotic Mushroom Blend
Fettuccine Noodle

Desserts

Peanut Butter Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Thai Shrimp Scampi Spicy

354cal; 7.4g fat; 24g protein; 49g carb; 6g fiber; 324mg sodium

Rappahannock Westminster-Canterbury
Monday Dining Apr. 15; May 13; Jun.10;

Lunch

Fresh Salad Bar
Cauliflower & Horseradish Bisque

Entrée Choices

Beef & Cheddar Quiche
Baked Trout
Select Grill

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

Accompaniments

Pacific Blend (sugar snap, carrot, broccoli), Spinach & Artichoke Casserole
Baked Sweet Potato

Dinner

Fresh Salad Bar
New England Fish Chowder

Entrée Choices

Bay Scallops w/Sherry Mushroom Cream Sauce
Ranch-Fried Chicken Wings*
Select Grill

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

Accompaniments

Steamed Baby Carrots, Mustard Greens w/Ham Hocks
Fluffy White Rice

Desserts

Pineapple Dump Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Mexican Style Grilled Vegetable Sandwich *
360cal; 10g fat; 15g protein; 55g carb; 6g fiber; 442mg sodium

Rappahannock Westminster-Canterbury
Thursday Dining April 4, May 2,; May 30

Lunch

Fresh Salad Bar
B-L-T Soup

Entrée Choices

Chicken/Broccoli/Curry & Rice
Grilled Reuben
Select Grill

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

Accompaniments

Napa Cabbage, 3 Bean Medley (Wax, Green, Italian)
Almond Basmati Rice

Dinner

Fresh Salad Bar
Cream of Chicken & Wild Rice Soup

Entrée Choices

Southern Meatloaf w/Gravy
Linguini Seafood Bowl*
Select Grill

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

Accompaniments

Sugar Snaps, *California Blend (Broccoli & Cauliflower florets, Carrots)
Loaded Mashed Potato

Desserts

Strawberry Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Peking Turkey Wrap *
250cal; 2.4g fat; 329g protein; 24g carb; 2g fiber; 320mg sodium

Rappahannock Westminster-Canterbury
Friday Dining April 5, May 3,; May 31;

Lunch

Fresh Salad Bar
Curried Butternut Squash Soup

Entrée Choices

Chicken, Ham, Tuna Salad Platter w/Muffin on Side
Baked Pork Chop

Select Grill

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

Accompaniments

Mustard Greens, Buttery Leeks w/Thyme
Scalloped Potatoes

Dinner

Fresh Salad Bar
New England Clam Chowder

Entrée Choices

Grilled Strip Steak w / Brandy Peppercorn Sauce
Pan Seared Flounder

Select Grill

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

Accompaniments

Zucchini & Onions, Braised Red Cabbage,
Fried Grit Cake

Desserts

Cracker Pudding w/Vanilla Sauce
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Glazed Flounder w/Olive Quinoa, Spring Greens &
Pea Citrus Salad

596cal; 21.6g fat; 46g protein; 50g carb; 8g fiber; 389mg sodium

WK 2

Rappahannock Westminster-Canterbury
Sunday Dining Apr. 14; May 12; Jun. 9;

Lunch

Fresh Salad Bar
Chicken & Sausage Gumbo

Entrée Choices

Crab Spinach Quiche
Dollar Pancakes w/Sage Sausage
Parmesan Chicken *

Select Grill

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

Accompaniments

Petite Green Beans w/Sundried Tomatoes, Julienne Vegetables
Hash Brown Potato *

Dinner

Fresh Salad Bar
Old Fashion Ham & Bean Soup

Entrée Choices

Chicken-Fried Pork Sandwich on Potato Bun w/Spicy Slaw*
Baked Lemon Pepper Cod

Select Grill

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

Accompaniments

Broccoli, Baked Tomato Wedge w / Parmesan
Tater Tots

Desserts

Assorted Desserts
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Tomato-Basil Spaghetti Frittata

302cal; 18.2g fat; 16g protein; 18g carb; 1 g fiber; 314mg sodium

WK 4

Rappahannock Westminster-Canterbury

Saturday Dining Apr. 13; May 11; Jun. 8;

Lunch

Fresh Salad Bar
Cream of Tomato w/Basil Soup

Entrée Choices

Grilled Bacon Cheese Sandwich
Grilled Chopped Steak to order

Select Grill

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

Accompaniments

Okra w/Onions, Stewed Tomatoes
French Fries

Dinner

Fresh Salad Bar
Crab & Corn Chowder

Entrée Choices

Fried Butterfly Shrimp w/Remoulade Sauce cooked to order
Beef Tenderloin Steak Diane *

Select Grill

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

Accompaniments

Asparagus, Harvard Beets*
Roasted Tri-Colored Potatoes

Desserts

Oreo Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Grilled Shrimp w / Blue Cheese Polenta *

380 cal;610mg sodium;29gfat; 2g fiber;11 g protein; 21 g carbs

WK 3

Rappahannock Westminster-Canterbury

Saturday Dining April 6; May 4, June 1

Lunch

Fresh Salad Bar
Mediterranean White Bean Soup *

Entrée Choices

Italian Club on Seeded Brioche Bun *
w/Creamy Italian Aioli Dressing

Chili Mac *

Select Grill

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

Accompaniments

Peas, Ginger Carrots
Onion Rings to Order

Dinner

Fresh Salad Bar
Cream of Leek w/Orzo & Sherry Soup

Entrée Choices

Slow Baked Short Ribs
Red Snapper Provencal *

Select Grill

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

Accompaniments

French Green Bean Almondine, Braised Pearl Onions & Mushrooms
Baked Potato

Desserts

Cheese Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Pan Seared Red Snapper

224 cal; 8.5 g fat; 24g protein; 139 mg sodium; carbs; 16.5g

WK 2

Rappahannock Westminster-Canterbury
Sunday Dining Apr. 7; May 5, June 2;

Lunch

Fresh Salad Bar
Crayfish Gumbo

Entrée Choices

Stuffed Flounder

Ribeye Steak cooked to order w/Onion Straws

Select Grill

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

Accompaniments

Swiss Chard, Orange Glazed Golden Beets
Roasted Fingerling Potato

Dinner

Fresh Salad Bar
Tomato Florentine Soup *

Entrée Choices

Grilled Teriyaki Chicken cooked to order
Ham, Broccoli, Macaroni Casserole

Select Grill

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

Accompaniments

Sugar Snaps, Squash Medley
Rice Pilaf

Desserts

Assorted Desserts
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Swiss Chard & Onion Frittata

191cal; 13.6g fat; 12g protein; 6g carb; 2g fiber; 228mg sodium

WK 3

Rappahannock Westminster-Canterbury
Friday Dining Apr. 12; May 10; Jun. 7;

Lunch

Fresh Salad Bar
Cheeseburger Soup

Entrée Choices

Veal Parmesan
Tuna Casserole

Select Grill

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

Accompaniments

Spaghetti Squash, Capri Blend (Carrot, French Bean, Yellow Squash, Zucchini)
Buttered Linguine Pasta

Dinner

Fresh Salad Bar
Mediterranean Clam Chowder

Entrée Choices

Carved Glazed Ham
Baked Salmon

Select Grill

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

Accompaniments

Sautéed Brussels Sprouts, Spinach/Mushroom Casserole; Cole Slaw,
Candied Yams

Desserts

Chocolate Mousse
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Sausage Cannellini & Tomato Ragout *

288 cal; 17.2g fat; 1g protein; 18g carb; 4g fiber; 289mg sodium

WK 3

Rappahannock Westminster-Canterbury
Thursday Dining April 11 ; May 9; June 6;

Lunch

Fresh Salad Bar
Minestrone Soup

Entrée Choices

Fish Cakes w/Tartar Sauce
Chicken w/Mushrooms & Garlic

Select Grill

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

Accompaniments

Roasted Butternut Squash, Baked Tomato Wedge w/Basil
Onion Rings

Dinner

Fresh Salad Bar
Zuppa Toscana Soup*

Entrée Choices

Chicken Livers w/Onions
Slow Cooked Beef Brisket w/Merlot Sauce

Select Grill

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

Accompaniments

Broccolini, Braised Red Cabbage
Cumin Roasted Potato

Desserts

Peach Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Fish on a Stick *

263cal; 16.5g fat; 23g protein; 5g carb; 1g fiber; 224mg sodium

WK 3

Rappahannock Westminster-Canterbury
Monday Dining Apr. 8 ; May 6, Apr 30; June 3;

Lunch

Fresh Salad Bar
Greek Lemon Chicken Soup

Entrée Choices

Vegetable Lasagna
Grilled Shrimp Caesar Wrap *

Select Grill

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

Accompaniments

Braised Celery, Steamed Zucchini
Garlic Bread

Dinner

Fresh Salad Bar
Sausage, Cabbage & Potato Soup

Entrée Choices

Roast Pork Loin w/Port Wine Sauce
Chesapeake Bay Crab Omelet *

Select Grill

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

Accompaniments

Fried Apples, Buttered Asparagus
Lyonnais Potato *

Desserts

Old Fashion Bread Pudding w/Vanilla Raisin Sauce
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Grilled Chicken Salad w/Strawberries & Feta w/Green Onion
& Orange Cous Cous

557cal; 21g fat; 45g protein; 90g carb; 4g fiber; 385mg sodium

WK 3

Rappahannock Westminster-Canterbury
Tuesday Dining Apr. 9; May 7; June 4;

Lunch

Fresh Salad Bar
Beef Noodle Soup

Entrée Choices

Pepper Steak w/Rice
Chef Salad

Select Grill

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

Accompaniments

Sautéed Napa Cabbage, Mandarin Veggie Blend (broccoli, pea pods,
carrot, baby corn, onion)
Rice

Dinner

Fresh Salad Bar
Old Fashion Vegetable Soup

Entrée Choices

2 Meat-Meat Loaf w/Gravy
BBQ Chicken

Select Grill

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

Accompaniments

Sautéed Parslied Sweet Onions, Turnip Greens
Cheesy Mashed Potatoes

Desserts

Strawberry Trifle
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Thai Beef & Basil Noodles w/Shiitake Gravy *
420cal; 12.5g fat; 18g protein; 57g carb; 2g fiber; 623mg sodium

WK 3

Rappahannock Westminster-Canterbury
Wednesday Dining Apr. 10; May 8; June 5

Lunch

Fresh Salad Bar
Cream of Broccoli, Rice & Cheese Soup

Entrée Choices

Bacon Cheese Burger w/Toasted Onion Roll (LTO)
Turkey Tetrazzini *

Select Grill

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

Accompaniments

Fresh Baby Spinach, Parsley Carrots
Old Bay Fries to order

Dinner

Fresh Salad Bar
Lentil Soup

Entrée Choices

Baked Baby Back Ribs w/Onions
Grilled Salmon to order

Select Grill

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

Accompaniments

Petite Green Beans, Roasted Cauliflower, Cole Slaw
Spoon Bread

Desserts

Homemade Peanut Butter Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Teriyaki Salmon Rice Bowls
469cal; 23g fat; 29g protein; 39g carb; 3g fiber; 393mg sodium

WK 3