

*Rappahannock  
Westminster-Canterbury  
Irvington, Virginia*

*Summer, 2019*

# *Dining Menu*



**Rappahannock Westminster-Canterbury**  
**Sunday Dining** June 23 ; July 21; Aug. 18; Sept 15

---

**Lunch**

Fresh Salad Bar  
Summer Minestrone

**Entrée Choices**

Traditional Egg Benedict  
Chicken Framboise w / Raspberries\*

***Select Grill***

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

**Accompaniments**

Sauté Petite Green Beans, Fried Apples  
Anna Potatoes

**Dinner**

Fresh Salad Bar

Watermelon and Riesling Soup

**Entrée Choices**

King Ranch Chicken\*  
Italian Beef Sandwich

***Select Grill***

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

**Accompaniments**

Grilled Yellow Squash, Copper Penny (Marinated fresh carrots)  
Waffles Fries

**Desserts**

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Fruit Cottage Cheese Plate

4.2g fat; 12.6g protein; 16.6g carbs; 2.3g fiber; 387.6 mg sodium

WK 1

**Rappahannock Westminster-Canterbury**  
**Monday Dining** June 24 ;July 22; Aug. 19; Sept. 16

---

**Lunch**

Fresh Salad Bar  
Chicken with Orzo and Sherry Soup

**Entrée Choices**

Northern Neck Chicken Salad\*  
Grilled Ham Steak w / Fresh Grilled Pineapple

***Select Grill***

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

**Accompaniments**

Kale, Summer Vegetable Medley  
Baked Sweet Potato

**Dinner**

Fresh Salad Bar  
Pork Wonton Soup

---

**Entrée Choices**

\*Shrimp Salad Supreme  
Meatloaf w / Tomato Sauce

***Select Grill***

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

**Accompaniments**

Wax Beans, Green Baby Peas  
Homemade Mashed Potatoes

**Desserts**

Lemon Lime Bundt Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Shrimp Avocado Grapefruit Salad

291 cal: 17.7g fat; 19.9g protein; 15.5 carbs; 6g fiber; 433`mg sodium

**Rappahannock Westminster-Canterbury**  
**Tuesday Dining** June 25, July 23; Aug. 20; Sept. 17

**Lunch**

Fresh Salad Bar  
Kale Soup

**Entrée Choices**

Pan Seared Flounder w / Fresh Dill and Lemon  
BBQ Sauce Burger on a Brioche Bun  
(Topped w / black, white sesame seed , flax seed, minced onion,  
poppy seed)

***Select Grill***

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

**Accompaniments**

Fried Green Tomato, Sauteed Snow Pea  
Parmesan Cheese Potato Wedge

**Dinner**

Fresh Salad Bar  
\*Italian Wedding Soup

**Entrée Choices**

Summer Vegetable Quiche  
Country Pork Chop

***Select Grill***

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

**Accompaniments**

Sweet and Sour Shredded Red Cabbage, Italian Green Beans  
Oven Roasted Potatoes and Arugula

**Desserts**

Sundae Bar  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Grilled Pork Tenderloin w/ Green Mango Salsa

219cal: 5.5g fat; 24.6g protein; 65g carb; 2.2g fiber; 545mg sodium

**WK 1**

**Healthy Choice Item Descriptions**

**Pineapple Pork Caribe-** Cucumber, chili pepper, garlic, onion, slice pineapple, boneless pork, ginger

**Pork w / Thyme Pan Sauce-** Fresh thyme sprig shallots, dry white wine, chicken stock, boneless pork chops

**Spicy Apple Glaze Chicken & Grits-** Apple butter, chicken breast halves, spicy brown mustard, red pepper, gorgonzola cheese grits, green onions

**Turkey Mini Meat Loaves-** Onion, breadcrumbs, parsley, Worcestershire sauce, oregano, turkey breast, egg, ketchup pepper sauce

**Watercress Prosciutto & Cheese Linguini-** Linguine, chopped prosciutto, olive oil, red peppered, goat cheese,

Watercress

**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

**Pork Milanese w/ Arugula Salad** – Thinly pounded Pork cutlet floured and pan seared. Dressing made w/ fresh Lemon juice, virgin olive oil and black pepper tossed w/ Arugula and thin sliced red onions, place cooked cutlet over salad serve w/ extra dressing on side

**Quinoa Pilaf**– is a gluten –free seed flavor with vegetable stock or broth  
**Red Snapper Provençal**-bake fish with mushrooms, white wine, lemon juice, olive oil, green and red peppers julienne, onions, diced tomatoes, dried thyme, dried oregano and calamatta olives

**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

**Schiacciata Bun-(ski-ah-achiata)**-Mediterranean flavors of EVOO, Sea Salt Rosemary, Parsley and a hint of Lemon

**Shrimp Salad Supreme**-shrimp mix with sour cream, mayo, diced celery, diced red onions, diced red peppers lemon juice white balsamic vinegar

serve on a bed of mixed lettuce with a tomato half and a hard boiled egg.

**Spinach Ravioli Lasagna**-Made with fresh Spinach and cheese Ravioli

**Stacked Chicken Cordon Bleu** – Chicken breast pounded and coated w/ Panko Crumbs deep fried, topped w/ shaved Ham Swiss cheese and served w/ a Spicy Tarragon Mustard Sauce

**Szechuan Eggplant** – Diced Eggplant sautéed w/ chicken stock, soy sauce, chili sauce, sugar, oyster sauce, fresh ginger and garlic

**Tomato Provençal** – Baked Tomato ½ Topped w/ a mixture of Panko crumbs, savory herb blend, black pepper, granulated garlic and onion, Asiago cheese and Olive oil

**Vegan Corn Chowder**- Corn, chopped onions, carrots, celery, flour, minced garlic, dried parsley and vegetable stock

### Healthy Choice Item Descriptions

**Crusted Baked Flounder Fillet** -.Flounder, fresh breadcrumbs, Mayonnaise

**Fire Cracker Crab Salad**-Crabmeat, celery, green onions, mayonnaise, white wine vinegar, hot sauce, cracked black pepper, garlic, tomato, romaine lettuce

**Herb Chicken Piccata**-Breadcrumbs, basil, grated lemon rind, garlic, boned chicken breast halves, low salt chicken broth, fresh lemon juice

**Mexican Cobb Salad**– fresh corn kernels, mixed greens, dice tomatoes, red onion, diced carrots, dice green bell pepper, diced avocado, black beans, shredded Monterey Jack cheese, baked tortilla chips

## Rappahannock Westminster-Canterbury Wednesday Dining June 26; July 24; Aug. 21; Sept 18

### Lunch

Fresh Salad Bar  
Clam and Potato Soup

### Entrée Choices

Vegetable Fettuccine Primavera Bowl w / Homemade Garlic Bread  
\*Baked Buffalo Wings w / Fresh Celery Sticks and Homemade Ranch Dressing

### *Select Grill*

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

### Accompaniments

Broccoli, Buttered Corn Cobbett  
\*Quinoa Pilaf

### Dinner

Fresh Salad Bar  
Ham and Cheese Soup

### Entrée Choices

Catfish Cake w / Cajun Tartar Sauce  
Grilled Chicken Caesar Salad

### *Select Grill*

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

### Accompaniments

Fried Cornmeal Breaded Green Tomato, Mustard Greens  
Spoon Bread

### Desserts

Old Fashion Banana Pudding  
Ice Cream  
Freshly Baked Cookies

### TODAY'S LIGHTER FARE

Grilled Chicken w/ Chipotle Orange Glaze

152cal; 3g fat; 23g protein; 7g carb; 0g fiber; 251g sodium

**Rappahannock Westminster-Canterbury**  
Thursday June 27; July 25; Aug. 22; Sept 19

**Lunch**

Fresh Salad Bar  
Lentil Soup

**Entrée Choices**

Breakfast Burger on Wheat Muffin  
(Ground Sausage Patty, Fried Egg and Cheddar Cheese)  
Shrimp Quiche

***Select Grill***

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

**Accompaniments**

Spiced Beets  
Sugar Snap Peas  
Hash Browned Potatoes

**Dinner**

Fresh Salad Bar  
Chilled Cream of Basil Soup w / Corn & Cucumber Relish Topping

**Entrée Choices**

Slow Roasted Beef Brisket w / Whiskey BBQ Sauce on side  
w / Corn Muffin  
\*Red Snapper Provencal

***Select Grill***

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

**Accompaniments**

Cowboy Beans (Pinto Beans), Spinach Soufflé  
Ranch Potatoes

**Desserts**

Lemon Raspberry Cheese Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Spinach Green Onion Smoked Gouda Quiche

205cal; 12.9g fat; 7.3g protein; 15.4g carbs; 1.1g fiber; 405mg sodium

WK 1

**Related Phone Numbers:**

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

**Menu Item Descriptions**

**Beef Steak Kew** – Beef strips stir fried w/ mushrooms, garlic, ginger root, snow peas, water chestnut, bamboo shoot, soy sauce, sherry, hoisin sauce and served over noodle

**Borracho Beans**- Mexican combination of seasoned Pinto Beans cooked in Lager-style beer with Chipotle pepper and bacon Schiacciata Bun (ski-ah-chiata)- Mediterranean flavors of EVOO, Sea Salt Rosemary, Parsley and a hint of Lemon

**Chicken Framboise** – Chicken breast pounded, floured and sautéed serve w/ a Raspberry and Blackberry Brandy Sauce

**Chicken Scaloppini** – Butterfly Chicken breast floured and pan sauté' served w/ a white wine, lemon, garlic, caper and mushroom sauce

**Chicken Thigh Confit**– Chicken Thigh cooked slow w / thyme, garlic, bay leaves, allspice, white pepper and a pinch of nutmeg then is roasted until skin is crispy

**Cioppino Sauce** - Fresh tomatoes diced in a wine sauce, served over cod

**Country Pork Chops**– 5 oz Pork Chop baked w / thinly sliced carrots, onions, potatoes, & diced tomatoes, seasoned w / thyme, basil, garlic and black pepper

**Creamy Shrimp Piccata**– Shrimp sautéed to order, served with a heavy cream sauce with capers, chopped parsley, white wine, lemon juice, Garlic, over spaghetti noodle, topped with shredded parmesan cheese

**General Tso's Shrimp**, floured w/ Corn Starch deep fried, tossed and baked in an Asian sauce.

**Hoisin Glazed Eggplant**– Eggplant peel and dice with olive oil, diced onions, chopped garlic ,basil, with hoisen sauce brush onto eggplant

**Italian Beef Sandwich**-Beef that is slice thin with, Peppers, onions, basil, oregano, rosemary, garlic, olive oil on a Sub roll with provolone cheese

**King Ranch Chicken** – Chicken casserole baked w/ tortilla shells, mushroom soup, cheddar cheese diced tomatoes and green chilies

**Mushroom Duxelle** – Button Mushrooms w/ onions, heavy cream, cream cheese topped w/ French fried onions and baked

**Northern Neck Chicken Salad** – Chunky Chicken Salad w/ Red and Green grapes, Pecans, Celery, Mayo, Sour Cream and fresh Parsley

**Peacock Vegetables** – Mixture of fresh summer veggies, red onions, yellow squash, zucchini, red, green and yellow peppers tossed w/ olive oil, balsamic vinegar, oregano and black pepper sauté to order

**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 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.**

**Rappahannock Westminster-Canterbury  
Friday Dining June 28; July 26; Aug. 23; Sept. 20**

**Lunch**

Fresh Salad Bar  
Summer Squash Soup

**Entrée Choices**

Baby Kale, Avocado, Berry & Almond Salad  
Apricot Baked Chicken

***Select Grill***

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

**Accompaniments**

French Cut Beans, Succotash  
Brown Rice

**Dinner**

Fresh Salad Bar  
Fresh Chopped Spinach Soup w / Ginger

**Entrée Choices**

Nicoise Salad Bowl w / Seared Tuna  
Pork Tenderloin w / Mango Salsa

***Select Grill***

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

**Accompaniments**

Sautéed Brussels Sprouts w / Brown Butter  
Patty Pan Squash w / Fried Onions  
Cottage Potatoes

**Desserts**

Fresh Berry Parfait  
Ice Cream  
Freshly Baked Cookies

**TODAY’S LIGHTER FARE**

Seared Tuna on a Bed of Fresh Baby Spinach

239cal; 12g fat; 24g protein; 48g carb; 1g fiber; 250mg sodium

**Rappahannock Westminster-Canterbury**  
**Saturday Dining** June 29; July 27; Aug. 24; Sept 21

---

**Lunch**

Fresh Salad Bar  
Fresh Spinach, Garlic & Chickpeas Soup

**Entrée Choices**

Philly Steak Sandwich (on a wheat hoagie roll)  
Baked Tilapia w / Fresh Dill and Lemon Sauce

***Select Grill***

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

**Accompaniments**

Peas and Carrots, Cauliflower  
Beer Battered Onion Rings

**Dinner**

Fresh Salad Bar  
Fish Chowder

**Entrée Choices**

2-(2 oz) Crab Cakes  
Blackened Chicken Breast w / Tomato Butter

***Select Grill***

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

**Accompaniments**

Baked Roma Tomato Casserole, Braised Napa Cabbage  
Vegetable Rice Pilaf

**Desserts**

Sweet Tea Tiramisu  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Grilled Tilapia

113cal; 2.5g fat; 22.6g protein; 0g carbohydrate; 0g fiber; 59mg sodium

**WK 1**

**Rappahannock Westminster-Canterbury**  
**Saturday Dining** July 20; Aug 17; Sept 14

---

**Lunch**

Fresh Salad Bar  
Chicken & Tortilla Soup

**Entrée Choices**

Catfish finger Po'Boy w / Pickle Remoulade  
Beef Cheddar Quiche

***Select Grill***

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

**Accompaniments**

Peacock Vegetables\*, Broccoli  
Oven Baked Garlic & Parmesan Fries

**Dinner**

Fresh Salad Bar  
Crab & Vegetable Soup

**Entrée Choices**

Sautéed Shrimp  
Honey & Chipotle Crusted Lamb Roast  
Your choice of chicken, fish, or chopped steak grilled to order.

**Accompaniments**

Fresh Wilted Baby Spinach, Feta Stuffed Tomato  
Steamed Rice

**Desserts**

Blueberry Bread Pudding w / Homemade Vanilla Sauce  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Mandarin Lamb Stir-Fry

211 cal; 10.3g fat; 24.1g protein; 3.7g carb; 0.4g fiber; 290mg sodium

**WK 4**



**Rappahannock Westminster-Canterbury**  
**Friday Dining** July 19; Aug 16; Sept 13

---

**Lunch**

Fresh Salad Bar  
Pepper Steak Soup

**Entrée Choices**

Whole Wheat Spaghetti w / Ground Pork Meat Sauce  
Antipasto Salad Platter

***Select Grill***

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

**Accompaniments**

Roasted Artichokes, Summer Greens Sauté  
Homemade Garlic Bread

**Dinner**

Fresh Salad Bar  
Chilled Vichyssoise Soup

**Entrée Choices**

Grilled Salmon  
Roast Beef Tenderloin w / Au jus

***Select Grill***

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

**Accompaniments**

Glazed Beets, Steamed Asparagus  
Twice Baked Potato

**Desserts**

Baby Citrus Cheesecake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Pan Seared Tenderloin Filet

287 cal; 5.4g fat; 18.5g protein; 39.8g carb; 0g fiber; 280mg sodium

**WK 4**

**Rappahannock Westminster-Canterbury**  
**Sunday Dining** June 30; July 28; Aug. 25;

---

**Lunch**

Fresh Salad Bar  
Chilled Tomato Soup w / Tarragon Crème

**Entrée Choices**

Grilled Beef Tenderloin Medallions  
Sweet Dollar Cakes w /Bacon & Maple Syrup

***Select Grill***

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

**Accompaniments**

Homemade Fried Apples, Sauté Button Mushrooms w / Burgundy Wine  
Bake Potato

**Dinner**

Fresh Salad Bar  
Beef Barley Soup

**Entrée Choices**

BBQ Pulled Pork on a Potato Roll w / Cole Slaw  
\*Spinach Ravioli Lasagna

***Select Grill***

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

**Accompaniments**

Fried Zucchini Coins, Wax Beans w / Red Pepper  
Baked Steak Cut Potato

**Desserts**

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Grilled Chicken Salad Plate

99Cal; 6g fat; 27.2g protein; 19.5g carb; 1.7g fiber; 499mg sodium

**WK 2**

**Rappahannock Westminster-Canterbury**  
**Monday Dining** July 1; July 29; Aug 26

---

**Lunch**

Fresh Salad Bar  
Garden Vegetable Soup

**Entrée Choices**

Ham / Swiss Quiche  
Grilled Balsamic Flank Steak w / Sweet Corn Relish

***Select Grill***

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

**Accompaniments**

Sugar Snap Peas, Roasted Julienne Veggies  
Orzo Pilaf

**Dinner**

Fresh Salad Bar  
Chicken and Rice Soup

**Entrée Choices**

Fried Pork Chop and Country Gravy w / Homemade Butter Biscuits  
Grilled Mahi w / Pineapple Salsa

***Select Grill***

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

**Accompaniments**

French Beans Almondine, Stir-Fried Shaved Brussels Sprouts  
Yukon Gold Mashed Potatoes

**Desserts**

Mississippi Mud Brownies  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Pork w / Thyme Pan Sauce\*

241cal; 13.6g fat; 23g protein; 3g carb; 1g fiber; 440mg sodium

WK 2

**Rappahannock Westminster-Canterbury**  
**Thursday Dining** July 18; Aug 15; Sept 12

---

**Lunch**

Fresh Salad Bar  
Zucchini & Cheese Soup

**Entrée Choices**

Kohlrabi Vegetarian Noodle Bowl w / Mariana Sauce  
Beef Steak Kew\*

***Select Grill***

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

**Accompaniments**

Szechuan Eggplant,\* Oriental Vegetable Blend  
Oriental Noodles

**Dinner**

Fresh Salad Bar  
Gazpacho Soup

**Entrée Choices**

BBQ Chicken  
Grilled Steak Salad Platter

***Select Grill***

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

**Accompaniments**

Turnip Greens w / Ham Hocks, Fresh Corn on Cob  
Sassy Baked Beans

**Desserts**

Egg Custard Pie w / Blueberry Sauce  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Blackened Chicken Salad

295 cal; 5.3g fat; 32.2g protein; 30.4g carb; 6.5g fiber; 1172mg sodium

WK 4

**Rappahannock Westminster-Canterbury**  
**Wednesday Dining** July 17; Aug 14; Sept 11

---

**Lunch**

Fresh Salad Bar  
Creamy Summer Squash Soup

**Entrée Choices**

Crab, Sweet Corn, Tomato Salad w / Lemon Basil Dressing  
Grilled Brat on Poppy Seed Roll w / Fresh Green Tomato Relish

***Select Grill***

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

**Accompaniments**

Grilled Portobello w / Balsamic Dressing, Broccolini  
Brown Rice

**Dinner**

Fresh Salad Bar  
Lemony Peas & Rice Soup

**Entrée Choices**

Grilled Ground Beef Steak w / Sweet Onions & Mushroom  
Shrimp Alfredo Primavera

***Select Grill***

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

**Accompaniments**

Cheddar Tomato Cobbler, Balsamic Sugar Snap Peas  
Dijon Roasted Potato Wedge

**Desserts**

Chocolate Peanut Butter Mousse Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Turkey Whole Grain Mini Meat Loaves

396 cal; 13.5g fat; 34g protein; 36 carb; 3g fiber; 461mg sodium

WK 4

**Rappahannock Westminster-Canterbury**  
**Tuesday Dining** July 2 ; July 30; Aug 27

---

**Lunch**

Fresh Salad Bar  
Turkey Noodle Soup

**Entrée Choices**

Blue Cheese Burger and Sauté Vidalia Onions (on a Potato Bun)  
Herb Roasted Bone-in-Breast Chicken

***Select Grill***

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

**Accompaniments**

Sautéed Petite Pearl Onions, Tomato Casserole  
Fresh Corn on Cob

**Dinner**

Fresh Salad Bar  
Chilled Carrot Soup w / Ginger & Turmeric Soup

**Entrée Choices**

Baked Flounder w / Lemon Brown Butter  
Slow Cooked Top Round of Beef (sliced thin) w / Red Wine

***Select Grill***

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

**Accompaniments**

Peas w / Water Chestnuts, Stewed Zucchini w / Garlic, Basil & Mint  
Parslied Red Potatoes

**Desserts**

Angle Food Cake w / Fresh Whipped Topping  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Crusted Baked Flounder Fillet\*

223cal; 7.5g fat; 33.6g protein; 5.3g carb; 0.2g fiber; 223mg sodium

WK 2

**Rappahannock Westminster-Canterbury**  
**Wednesday Dining** July 3; July 31; Aug 28

---

**Lunch**

Fresh Salad Bar  
Roasted Tomato and Smoked Gouda Soup

**Entrée Choices**

Lemon-Rosemary Fried Catfish w / Apple Slaw & Homemade Corn Muffin  
Chimichangas w / Chicken

***Select Grill***

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

**Accompaniments**

Steam Carrots, Broccoli  
Roasted Tri-Colored Potatoes

**Dinner**

Fresh Salad Bar  
Cabbage and Mini Meatballs Soup

**Entrée Choices**

General Tso Chicken  
Roasted Turkey Breast, Artichoke and Pecan Salad

***Select Grill***

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

**Accompaniments**

Asian Wilted Greens, Ginger Veggies Stir-Fry  
Lo Mein Noodles, Egg Roll

**Desserts**

Sundae Bar  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Chicken Fried Rice

292cal; 6.1g fat; 24.3 protein; 32.6g carb; ; 375mg sodium

**WK 2**

**Rappahannock Westminster-Canterbury**  
**Tuesday Dining** July 16; Aug 13; Sept 10

---

**Lunch**

Fresh Salad Bar  
Summer Corn Soup w / Crisp Prosciutto

**Entrée Choices**

High Piled Hot Pastrami on Rye w / Spicy Mustard & Provolone  
Fried Flounder w / Cole Slaw

***Select Grill***

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

**Accompaniments**

Roasted Zucchini , Braised Celery  
Spoon Bread

**Dinner**

Fresh Salad Bar  
Roasted Red Pepper Soup

**Entrée Choices**

Scallops w / Pernod Cream & Penne  
RW- C Dinner Salad

***Select Grill***

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

**Accompaniments**

Carrots, Shaved Brussels Sprouts  
Buttered Penne Pasta

**Desserts**

Cherry Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Sautéed Scallops w /Garlic Wine & Cilantro

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

**WK 4**

**Rappahannock Westminster-Canterbury**  
**Monday Dining** July 15; Aug 12; Sept 9

---

**Lunch**

Fresh Salad Bar  
Greek Lemon Chicken Soup

**Entrée Choices**

Flatbread Pepperoni Lovers Pizza  
Pesto Seared Tilapia

***Select Grill***

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

**Accompaniments**

Golden Beets, Edamame Succotash  
Parmesan Bowtie Pasta

**Dinner**

Fresh Salad Bar  
Watermelon Gazpacho Soup

**Entrée Choices**

Omelets to Order  
Chicken Thigh Confit w / Garlic \*

***Select Grill***

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

**Accompaniments**

Braised Leeks w / Greens, Cauliflower au Gratin  
Cheddar Horseradish Mashed Potatoes

**Desserts**

Hot Fudge Sundae with Chopped Nuts  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Mushroom Asparagus Roasted Red Pepper Pizza

373 cal; 12.2g fat; 17g protein; 48g carb; 8g fiber; 273mg sodium

**WK 4**

**Rappahannock Westminster-Canterbury**  
**Thursday Dining** July 4; Aug 1; Aug 29

---

**Lunch**

Fresh Salad Bar  
Chilled Swedish Blueberry Soup  
(vegan, gluten-free and dairy free)

**Entrée Choices**

Sweet and Sour Pork  
Panini Italian Sub on a Schiacciata Roll

***Select Grill***

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

**Accompaniments**

Braised Celery w / Red Peppers, Diced Beets  
Fluffy White Rice

**Dinner**

Fresh Salad Bar  
Sweet Onion Soup w / Homemade Crouton

**Entrée Choices**

Strawberry Spinach Salad Platter, Hickory Smoked Chicken Breast  
w / Raspberry Vinaigrette  
BBQ Baby Ribs

***Select Grill***

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

**Accompaniments**

Skillet Corn, \*Hoisin Glazed Eggplant  
Oven Roasted Olive Oil Fingerling Potato

**Desserts**

Homemade Coconut Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Mexican Cobb Salad\*

373cal; 13.8g fat; 19.3g protein; 48.5g carb; 11g fiber; 678mg sodium **WK 2**

**Rappahannock Westminster-Canterbury**  
**Friday Dining** July 5, Aug 2; Aug 30

---

**Lunch**

Fresh Salad Bar  
Vegan Corn Chowder

**Entrée Choices**

Fried Chicken Tenders w / Honey Mustard  
Fruit / Cottage Cheese Salad Platter

***Select Grill***

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

**Accompaniments**

Collard Greens w / Ham Hocks, Fried Summer Squash  
Mac & Cheese

**Dinner**

Fresh Salad Bar  
She Crab Soup

**Entrée Choices**

Bronzed Salmon w / Herb Compound Butter  
Roasted Veal Leg

***Select Grill***

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

**Accompaniments**

Stuffed Baked Tomato Provencal,\* Sauté Asparagus w / Olive Oil  
Rosemary & Dijon Roasted Diced Red Potatoes

**Desserts**

Old Fashion Butter Pound Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Grilled Salmon w / Cucumber Dill Mustard Sauce

339cal; 16.1g fat; 39.4g protein; 6.2g carb; 0.2g fiber; 399mg sodium **WK 2**

**Rappahannock Westminster-Canterbury**  
**Sunday Dining** July 14; Aug 11; Sept 8

---

**Lunch**

Fresh Salad Bar  
Cream Asparagus & Leek w / Orzo Soup

**Entrée Choices**

Shrimp and Grits  
Egg Benedict on Waffle w / Prosciutto

***Select Grill***

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

**Accompaniments**

Grilled Yellow Squash, Braised Romaine  
Grits

**Dinner**

Fresh Salad Bar  
Tomato Soup

**Entrée Choices**

Grilled Cheese Sandwich  
Baked Fish w / Fresh Salsa Sauce

***Select Grill***

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

**Accompaniments**

Steamed Spinach, Peas  
Steak Fries

**Desserts**

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Spicy Apple Glaze Chicken and Grits\*

480 cal; 15.5g fat; 42.5g protein; 41.5g carb; 2.7g fiber; 1609mg sodium

**WK 4**

**Rappahannock Westminster-Canterbury**  
**Saturday Dining** July 13; Aug 10; Sept 7

---

**Lunch**

Fresh Salad Bar  
Bloody Mary Gazpacho Soup

**Entrée Choices**

Baked Rainbow Trout  
Grilled Burger on Potato Bun

***Select Grill***

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

**Accompaniments**

Italian Green Beans, Candied Beets  
Beer Battered Fries

**Dinner**

Fresh Salad Bar  
Shrimp Chowder

**Entrée Choices**

Lettuce Wedge w / Heirloom Cherry Tomato, Blue Cheese, Pancetta Crisp,  
Red Onion, Lump Crab, House Dressing  
Slow Braised Beef Short Ribs

***Select Grill***

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

**Accompaniments**

Steamed Asparagus & Sweet Peppers, Vidalia & Artichoke Casserole  
Baked Potato

**Desserts**

Strawberry Fields Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Fire Cracker Crab Salad\*

113 cal; 2.5g fat; 15.6g protein; 6.6g carb; 0.7g fiber; 437mg sodium **WK 3**

**Rappahannock Westminster-Canterbury**  
**Saturday Dining** July 6; Aug 3; Aug 31

---

**Lunch**

Fresh Salad Bar  
Pepper Pot Soup

**Entrée Choices**

Grilled Hotdog w / Sauerkraut & Spicy Mustard  
(on a New England Frank Roll)  
Fish & Chips ( French fries)

***Select Grill***

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

**Accompaniments**

Broccoli, Carrots  
\*Borracho Beans

**Dinner**

Fresh Salad Bar  
Chicken Gumbo

**Entrée Choices**

Grilled Summer Watermelon Slice w / Grilled Jumbo Shrimp  
Espresso Rubbed Roasted Prime Rib

***Select Grill***

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

**Accompaniments**

Braised Swiss Chard, Oven Roasted Cauliflower  
Gorgonzola Crusted Potato

**Desserts**

Tuxedo Mousse Parfait  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Skillet Prime Rib Burgundy

337 cal; 8g fat; 37.4g protein; 27.9g carb; 4g fiber; 537mg sodium

**WK 2**

**Rappahannock Westminster-Canterbury**  
**Sunday Dining** July 7; Aug 4; Sept 1

---

**Lunch**

Fresh Salad Bar  
Crayfish Bisque

**Entrée Choices**

French Toast, Bacon & / Blueberry Sauce  
\*Stacked Chicken Cordon Bleu

***Select Grill***

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

**Accompaniments**

Apple wood Bacon, Orange Glazed Beets, Garden Vegetable Medley  
Baked Potato

**Dinner**

Fresh Salad Bar  
Mushroom & Fennel Soup

---

**Entrée Choices**

Meatball Sub  
Chef Salad Platter

***Select Grill***

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

**Accompaniments**

Sugar Snap Peas, Oven Roasted Pepper Medley  
Dill Baked Potato Wedge

**Desserts**

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Herb Chicken Piccata\*

160 cal; 2.9g fat; 27.3g protein; 6.9g carb; 0.4g fiber; 115mg sodium

**WK 3**

**Rappahannock Westminster-Canterbury**  
**Friday Dining** July 12; Aug 9; Sept 6

---

**Lunch**

Fresh Salad Bar  
Manhattan Fish Chowder

**Entrée Choices**

Asparagus and Goat Cheese Quiche  
Fish Taco

***Select Grill***

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

**Accompaniments**

Sautéed Cherry Tomatoes, Sautéed Baby Kale  
Lima Beans

**Dinner**

Fresh Salad Bar  
Vidalia Onion Soup

---

**Entrée Choices**

Grilled Strip Steak w / Boursin Sauce  
Chicken Scaloppini w / Fresh Baby Spinach & Linguini with  
Homemade Cheddar Knot Roll

***Select Grill***

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

**Accompaniments**

Mushroom Duxelle Casserole,\* Stuffed Tomato ½  
Roasted Red Potatoes

**Desserts**

Old Fashion Banana Split Sundae  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Rosemary Garlic Steak w / Red Onion Marmalade

300 cal; 15.3g fat; 23.5g protein; 18.8g carb; 2.4g fiber; 284mg sodium

**WK 3**



**Rappahannock Westminster-Canterbury**  
**Thursday Dining** July 11; Aug 8; Sept 5

---

**Lunch**

Fresh Salad Bar  
Fresh Broccoli Broth Soup

**Entrée Choices**

Chuck Wagon Goat Cheese Burger w / Onion Jam (on a Pretzel Bun)  
Baked Cod w / \* Cioppino Sauce & Crusty Baguette

***Select Grill***

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

**Accompaniments**

Wax Beans, Spinach  
Side Winder Fries

**Dinner**

Fresh Salad Bar  
Chilled Strawberry Soup w / Champagne

**Entrée Choices**

Sweet Tea-Brined Grilled Chicken  
Smoked Paprika Pork Roast w / Stout and Sweet Tea BBQ Sauce w / Tex-  
as Corn Bread

***Select Grill***

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

**Accompaniments**

Sauté Patty Pan Squash, Green Beans w / Mushrooms & Bacon  
Fresh Corn on Cob

**Desserts**

Sweet Tea Icebox Tart  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Pineapple Pork Caribe\*

290cal; 3.5g fat; 22.4g protein; 40.4g carb; 0g fiber; 121mg sodium **WK 3**

**Rappahannock Westminster-Canterbury**  
**Monday Dining** July 8; Aug 5; Sept 2

---

**Lunch**

Fresh Salad Bar  
Hawaiian Pork Soup

**Entrée Choices**

Dixie Chicken Salad w / Grapes, Almond, Broccoli and Dijon Dressing  
Calves Liver w / Sauté Sweet Onions and Bacon

***Select Grill***

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

**Accompaniments**

Okra & Tomatoes, Bean Medley (Green bean, Wax beans & Red Peppers)  
Brown Rice

**Dinner**

Fresh Salad Bar  
Beef Minestrone Soup

**Entrée Choices**

4 Cheese Lasagna  
Roasted Cod w / Almond, Thyme & Basil Crumbs

***Select Grill***

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

**Accompaniments**

Yellow Squash, Broccolini  
Spoon Bread

**Desserts**

Boston Crème Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Watercress Prosciutto and Goat Cheese Linguini\*

323cal; 12.2g fat; 17g protein; 37g carb; 4g fiber; 591mg sodium

**WK 3**

**Rappahannock Westminster-Canterbury**  
**Tuesday Dining** July 9; Aug 6; Sept 3

---

**Lunch**

Fresh Salad Bar  
Chilled Avocado Soup

**Entrée Choices**

Spaghetti w / Mini Meatball & Garlic Toast  
Smoked Turkey / Avocado Panini Sandwich

***Select Grill***

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

**Accompaniments**

Turnip Greens, Eggplant Casserole  
Steak Fries

**Dinner**

Fresh Salad Bar  
Vietnamese Chicken & Shrimp Soup

**Entrée Choices**

Pork Milanese w / Arugula Salad  
Baked Tilapia

***Select Grill***

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

**Accompaniments**

Szechwan Green Beans, Stewed Tomatoes Casserole  
Lemon Herbed Potato

**Desserts**

Key Lime Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Turkey Mini Meat Loaves\*

142 cal; ; 1.5g fat; 20.2g protein; 12g carb; 0.8g fiber; 500mg sodium

**WK 3**

**Rappahannock Westminster-Canterbury**  
**Wednesday Dining** July 10; Aug 7; Sept 4

---

**Lunch**

Fresh Salad Bar  
English Pea w / Mint Soup

**Entrée Choices**

Red / Gold Beet Salad w / Marinated Grilled Chicken Breast  
Creamy Shrimp Piccata Bowl

***Select Grill***

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

**Accompaniments**

Cauliflower w / Roasted Tomato Sauce  
Steamed Fresh Carrots w / Parsley  
Lyonnais Potatoes

**Dinner**

Fresh Salad Bar  
Cream Carrot & Dill Soup

**Entrée Choices**

Salmon Meuniere  
Grilled Tri-Tip Steak w / Citrus Chili Butter

***Select Grill***

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

**Accompaniments**

Fried Red Cabbage, Grilled Zucchini Planks  
Steamed Rice

**Desserts**

Captain Hershey Chocolate Rum Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Baked Lemon Garlic Shrimp

234cal; 7.8g fat; 27.7g protein; 11.8g carb; 0.4g fiber; 444mg sodium

**WK 3**