

## RWC CULINARY SERVICE PHONE NUMBERS

**HOSTESS LINE #4516**, for most reservations

**BETTY POLK #4016**, Office Manager, Holiday/Brunch reservations *Only*

**GENITA MAIDEN-SHEARIN, #4091**, Director of Culinary Services

**REGINA WARD #4287**, Catering Manager

**DENISE COTTRELL # 4015**, Assistant Direct of Culinary Services

**DOT TAYLOR #4344**, Production Manager

**TARA MATHIS-DIETITIAN-#4019**, (cell 804-832-6374)



Rappahannock  
Westminister-Canterbury

## FALL 2019 DINING MENU

132 LANCASTER DRIVE, IRVINGTON, VA 22480, 804-438-4000, [WWW.RW-C.ORG](http://WWW.RW-C.ORG)



Rappahannock  
Westminister-Canterbury



## WINTER 2019- 2020 DINING MENU

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## 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

## SPECIAL MEAL PRICES FOR GUESTS

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 allows us to accommodate your needs. It is our number one 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. **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 for order are chopped steak, chicken or fish. If you do not wish to wait for the meal you may call the hostess line **#4516**.

## CULINARY SERVICES RELATED PHONE NUMBERS

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**TARA MATHIS-DIETITIAN-#4019**, (cell 804-832-6374)

**CHEF TV # 4019**

## 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



SUNDAY DINING DEC. 22; JAN. 19; FEB. 16; MAR. 15 WK 1

LUNCH

Fresh Salad Bar  
Cajun Corn & Crab Bisque

Entrée Choices

Roasted Turkey w / Giblet Gravy & Dressing  
Egg Benedict

Select Grill

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

Accompaniments

Pearl Onions; Asparagus; Candied Yams

DINNER



Fresh Salad Bar  
Roasted Cauliflower & Leek Soup

Entrée Choices

Chicken Parmesan  
Carolina Style Pulled Pork w / Slaw on a Bun

Select Grill

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

Accompaniments

Sugar Snap Peas; Spinach; Butter Wheat Pasta

Desserts

Assorted Desserts;  
Ice Cream  
Freshly Baked Cookies

TODAY’S LIGHTER FARE

Chicken Parmesan w / Oven Roasted Tomato Sauce

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

**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.

## 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**– thinly slice steak or chicken; onions taco seasoning, cheddar cheese in a tortilla shell

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

**Cincinatti 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.

**Crabmeat Souffle** –Lump and claw crabmeat in s cream sauce with Monteray Jack, Parmesan cheese and Mushrooms baked

**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 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

**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

MONDAY DINING DEC. 23; JAN. 20; FEB. 17; MAR. 16 WK 1

## LUNCH

Fresh Salad Bar

Tomato Soup

## Entrée Choices

Grilled Cheddar Cheese Sandwich

Southwestern Chili with Corn Muffin

## 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

Mushroom and Leek Soup

## Entrée Choices

Stuffed Green Peppers

Fish Bienville

## Select Grill

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

## Accompaniments

Butternut Squash w / Orange & Ginger Glaze;

Green Beans & Mushrooms

Corn O' Brien

## Desserts

Cherry Cobbler

Freshly Baked Cookies

## TODAY'S LIGHTER FARE

Butternut Strata w / Gruyere Green Beans & Mushrooms

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

TUESDAY DINING DEC. 24; JAN. 21 ; FEB. 18 MAR. 17 WK 1

LUNCH

Fresh Salad Bar  
7 Bean Soup

Entrée Choices

Cider Beef Stew  
Stacked Eggplant Parmesan

Select Grill

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

Accompaniments

Spiced Beets; Broccoli; Pesto Orzo



DINNER

Fresh Salad Bar  
Black-Eye Pea Soup  
(Onions, Celery, Apples, Tomatoes, Chicken, Jasmine Rice)

Entrée Choices

Fried Chicken w / Honey  
Pork Chops w/ 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 LIGHTER FARE

Beef Stew with Carrots & Mushrooms

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

SATURDAY DINING JAN. 18; FEB. 15; MARCH 14 WK 4

LUNCH

Fresh Salad Bar  
Chicken Noodle Soup

Entrée Choices

Filet of Fish Sandwich w / 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  
Roasted Leg of Lamb w / 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 LIGHTER FARE

Baked Oysters w / Spinach Parmesan Cheese

261 cal; 19g fat; 36protein; 1g carb; 0g fiber; 576mg sodium

**FRIDAY DINING JAN. 18.; FEB. 14; MARCH 13 WK 4**

**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 w / Water Chestnuts; Asian Style Vegetables; Jasmine Rice



**DINNER**

Fresh Salad Bar

Carrot & Orange Soup

**Entrée Choices**

Beef Stroganoff & Noodles

Parmesan Panko Crusted Salmon w / Pesto Cream Sauce

***Select Grill***

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

**Accompaniments**

Sautéed Broccolini; Braised Celery & Peppers;

Garlic Roasted Fingerling Potatoes w / Rosemary

**Desserts**

Baileys Chocolate Cake

Ice Cream

Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Citrus Salmon with Garlicky Greens

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

**WEDNESDAY DINING DEC. 25; JAN. 22; FEB. 19; MAR. 18 WK 1**

**LUNCH**

Fresh Salad Bar

New England Fish Chowder

**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

Tomato Florentine Soup

**Entrée Choices**

Fried Scallops w / House made Remo lade

New York Strip w / Onion Straws

***Select Grill***

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

**Accompaniments**

French Green Bean; Roasted Cauliflower; Baked Potato

**Desserts**

Apple Caramel Crisp

Ice Cream

Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

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

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

## THURSDAY DINING DEC. 26; JAN. 23; FEB. 20; MAR. 19 WK 1

### LUNCH

Fresh Salad Bar

Beef Vegetable Soup

### Entrée Choices

Baked Monkfish

Lamb Gyro

### **Select Grill**

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

### Accompaniments

Sautéed Shaved Brussels' Sprouts; Bermuda Blend ( Broccoli; Carrots; Green Beans & Peppers) ; Brown Rice



### DINNER

Fresh Salad Bar

Ham, Potato & Cheese Soup

### Entrée Choices

Baked Meatloaf w / Gravy

Fried Catfish w / Hushpuppies

### **Select Grill**

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

### Accompaniments

Broccoli; Ratatouille; Mashed Potatoes w / Sour Cream & Chives

### Desserts

Ice Cream Sundae Bar

Ice Cream

Freshly Baked Cookies

### TODAY'S LIGHTER FARE

Crust Less Broccoli & Cheese Quiche

216 cal; 6.9g fat; 17.9g protein; 22.7g carb; 4.1g fiber; 577mg sodium

## THURSDAY DINING JAN. 16; FEB. 13; MAR. 12 WK 4

### LUNCH

Fresh Salad Bar

Cream of Leek & Orzo w / Sherry Soup

### Entrée Choices

Baked Catfish

Reuben Sandwich

### **Select Grill**

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

### Accompaniments

Asparagus; Capri Vegetable ( Carrots, Green Beans & Yellow Squash) Potato Cake



### DINNER

Fresh Salad Bar

Navy Bean Soup

### 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

Fruit of the Forrest Pie

Ice Cream

Freshly Baked Cookies

### TODAY'S LIGHTER FARE

Crisp Lemon Pepper Catfish

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



**WEDNESDAY DINING JAN. 15.; FEB. 12; MAR. 11 WK 4**

**LUNCH**

Fresh Salad Bar  
Wisconsin Beer Cheese Soup

**Entrée Choices**

Baked Meatloaf w / Veggie Gravy  
Turkey, Brie, Granny Apple Panini

***Select Grill***

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

**Accompaniments**

Sugar Snap Peas; Ratatouille; Mashed Potatoes

**DINNER**

Fresh Salad Bar  
Chicken & Vegetable Soup

**Entrée Choices**

Mini Pork Osso Bucco  
Seafood Cioppino w / Crusty Baguette

***Select Grill***

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

**Accompaniments**

Green Beans; Brussels' Sprouts; Drunken Bow-Tie Pasta

**Desserts**

Ice Cream Sundae Bar  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Clams in Herbed Tomato Broth

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

**FRIDAY DINING DEC. 27; JAN. 24; FEB. 21; MAR. 20 WK 1**

**LUNCH**

Fresh Salad Bar  
Creamy Curried Sweet Potato Soup

**Entrée Choices**

Beef Taco Salad  
Loaded Cheese Omelet

***Select Grill***

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

**Accompaniments**

Roasted Butternut Squash; Peas; Onion Rings (Cooked to Order)

**DINNER**

Fresh Salad Bar  
French Onion Soup

**Entrée Choices**

Seafood Platter( Oysters, Shrimp, Scallops, Fish)  
Chicken Picatta

***Select Grill***

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

**Accompaniments**

Roma Tomato Casserole; Sautéed Spinach; Rice

**Desserts**

Homemade Sweet Potato Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Pepperoni, Onion & Olive Pizza

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

## SATURDAY DINING DEC. 28; JAN. 25; FEB. 22; MAR. 21 WK 1

### LUNCH

Fresh Salad Bar  
Zuppa Toscana Soup

### Entrée Choices

Buffalo Burger  
Baked Chicken Enchilada Casserole

### **Select Grill**

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

### Accompaniments

Sautéed Parslied Yellow Squash; 4-Way Vegetable Blend; Steak Fries  
(Cooked to Order)



### DINNER

Fresh Salad Bar  
Manhattan Clam Chowder

### Entrée Choices

Stuffed Apple Pork Loin  
\*Crabmeat Soufflé

### **Select Grill**

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

### Accompaniments

Whole Green Beans w / Balsamic Vinegar; Harvard Beets;  
Sweet Potato Gratin

### Desserts

Cheesecake w / Fruit Sauce  
Ice Cream  
Freshly Baked Cookies

### TODAY'S LIGHTER FARE

Buffalo Burger on English Muffin

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

## TUESDAY DINING JAN. 14.; FEB. 11; MARCH 10 WK 4

### LUNCH

Fresh Salad Bar  
Beef Noodle Soup

### Entrée Choices

Chicken Cacciatore  
Fried Shrimp

### **Select Grill**

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

### Accompaniments

Mustard Greens; Pearl Onions; Spoon Bread



### DINNER

Fresh Salad Bar  
Senate Bean Soup

### Entrée Choices

Corn Beef Brisket w / Mustard  
Omelets

### **Select Grill**

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

### Accompaniments

Cabbage; Butter Carrots; Parslied Red Potatoes

### Desserts

Hummingbird Cake  
Ice Cream  
Freshly Baked Cookies

### TODAY'S LIGHTER FARE

Baked Chicken Cacciatore with Parmesan Polenta Rounds

427cal; 15.5g fat; 43g protein; 24g carb; 5g fiber; 603mg sodium

MONDAY DINING JAN. 13; FEB.10; MARCH 9 WK 4

LUNCH

Fresh Salad Bar  
Mulligatawny Soup

Entrée Choices

Grilled Bacon Burger served on a Potato Roll  
Baked Red Snapper

Select Grill

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

Accompaniments

Sautéed Mushrooms; Prince Edward Blend (Carrots, Green & Wax Beans); French Fries



DINNER

Fresh Salad Bar  
Cream of Wild Mushrooms 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 Éclairs  
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Broiled Red Snapper with Ginger Lime Butter

202 cal; 6.5g fat; 33.6g protein; 0.2g carb; 0.1g fiber; 546mg sodium

SUNDAY DINING DEC. 29; JAN. 26; FEB. 23; WK 2

LUNCH

Fresh Salad Bar  
Cream of Chicken & Wild Rice Soup

Entrée Choices

Andouille Sausage, Shrimp & Grits  
Prime Rib of Beef w / Au Jus

Select Grill

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

Accompaniments

Green Bean Casserole; Orange Glazed Beets; Baked Potato



DINNER

Fresh Salad Bar  
Carrot & Ginger Soup

Entrée Choices

Cheese Lovers Mac & Cheese  
Beef Hot Dogs

Select Grill

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

Accompaniments

Squash Medley; Braised Cabbage; Baked Beans

Desserts

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Shrimp and Grits

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

**LUNCH**

Fresh Salad Bar  
Minestrone Soup

**Entrée Choices**

Open Face Turkey Sandwich  
Tuna Melt

***Select Grill***

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

**Accompaniments**

Fried Cauliflower; Spinach; Potato Wedge



**DINNER**

Fresh Salad Bar  
Tortellini Soup

**Entrée Choices**

Grilled Liver & Onions  
Pork Medallions w / Brandied Mushroom Sauce

***Select Grill***

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

**Accompaniments**

Cider Baked Apples; Sugar Snap Peas; Parmesan Risotto

**Desserts**

Hi-Piled Apple Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY’S LIGHTER FARE**

Tuna Noodle Casserole

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

**LUNCH**

Fresh Salad Bar  
Butternut & Acorn Squash Soup

**Entrée Choices**

Boneless Chicken Thighs w /Stuffing and Creamed Leeks  
Pork Tenderloin w/ Dijon Crème

***Select Grill***

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

**Accompaniments**

Beets; Bacon Brussels' Sprouts; Wild Rice Pilaf



**DINNER**

Fresh Salad Bar  
Cheeseburger Soup

**Entrée Choices**

Brunswick Stew  
Philly Cheese Sub w / Side Winders

***Select Grill***

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

**Accompaniments**

Fried Mushrooms; Zucchini

**Desserts**

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

**TODAY’S LIGHTER FARE**

Pork Marsala

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

**SATURDAY DINING JAN. 11; FEB. 8; MARCH 7 W 3**

**LUNCH**

Fresh Salad Bar  
Beef Barley Soup

**Entrée Choices**

Sausage & Kraut  
Baked Haddock

***Select Grill***

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

**Accompaniments**

Steamed Parsnip; Baked Tomatoes w / Basil; Roasted Potato Wedge



**DINNER**

Fresh Salad Bar  
Chicken & Corn Chowder

**Entrée Choices**

Burgundy Beef Tips w / Exotic Mushrooms  
Mediterranean Grilled Tuna

***Select Grill***

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

**Accompaniments**

Broccoli  
Roasted Kabocha Squash ; Orzo Casserole

**Desserts**

Tiramisu  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Zucchini & Eggplant Lasagna

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

**TUESDAY DINING DEC. 31; JAN. 28; FEB. 25 WK 2**

**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; Delmonico Potato



**DINNER**

Fresh Salad Bar  
White Chili

**Entrée Choices**

Curried Lamb Stew w / Toppings  
Cod Fish Cake

***Select Grill***

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

**Accompaniments**

Buttered Carrots; Green Beans w / Pimento's; Rice

**Desserts**

Triple Fudge Brownie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Guinness Lamb Stew

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

**WEDNESDAY DINING JAN. 1; JAN. 29; FEB. 26 WK 2**

**LUNCH**

Fresh Salad Bar  
Black Bean Soup

**Entrée Choices**

\*Philly Steak Chimichangas  
\*Tilapia Veracruz

***Select Grill***

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

**Accompaniments**

Fried Breaded Okra; Turnip Greens  
Roasted Potato Wedge



**DINNER**

Fresh Salad Bar  
Oriental Pork & Noodle Soup

**Entrée Choices**

Fried Rainbow Trout w / Slaw on the side  
Braised Beef Short Ribs

***Select Grill***

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

**Accompaniments**

Steamed Broccoli; Roasted Onions w / Sage;  
Florentine Stuffed Potato (Spinach, Swiss, Parmesan Cheese)

**Desserts**

Homemade Coconut Cake  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Roast Chicken Chimichanga

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

**FRIDAY DINING JAN. 10; FEB. 7; MARCH 6 WK 3**

**LUNCH**

Fresh Salad Bar  
Turkey & Wild Rice Soup

**Entrée Choices**

Shepherd's Pie  
Smothered Bake Chicken w / 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 w / Corn Muffin  
Scallops St. Jacques

***Select Grill***

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

**Accompaniments**

Asparagus; Sautéed Mushrooms; Sweet Potato / Pear & Goat Cheese

**Desserts**

German Chocolate Pie  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Shepherd's Pie

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

LUNCH

Fresh Salad Bar  
Cilantro Lime Mex Chili

Entrée Choices

Shrimp Creole over Rice  
Salisbury Steak w / Mushroom Gravy

Select Grill

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

Accompaniments

Steamed Broccoli; Baked Artichokes; Steamed White Rice



DINNER

Fresh Salad Bar  
Cream Base Oyster Stew

Entrée Choices

Fried Chicken  
Marinated Flank Steak w / Mango Salsa

Select Grill

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

Accompaniments

Corn Pudding; Collard Greens; Roasted Potatoes

Desserts

Homemade Lemon Pound Cake  
Ice Cream  
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Shrimp with Mushrooms & Rice

438 cal; 6.7g fat; 40g protein; 56.6g carb; 3.6g fiber; 733mg sodium

LUNCH

Fresh Salad Bar  
Russian Potato Soup

Entrée Choices

Fried Oysters  
Chicken & Dumplings

Select Grill

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

Accompaniments

Italian Flat Greens Beans; Beets; Red Potato



DINNER

Fresh Salad Bar  
Asian Beef Vegetable Soup

Entrée Choices

Spaghetti & Meat Sauce w / 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 Corn

Desserts

Pumpkin Cake  
Ice Cream  
Freshly Baked Cookies

TODAY'S LIGHTER FARE

Wheat Spaghetti w / Turkey Meat Sauce

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

**FRIDAY DINING JAN.3; JAN. 31; FEB. 28 WK 2**

**LUNCH**

Fresh Salad Bar  
Scotch Broth

**Entrée Choices**

Shrimp & Vegetable Linguine Bowl  
Cheese Burger

***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**

\*Crabmeat Soufflé  
Oven Baked Ham w / Marmalade Sauce

***Select Grill***

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

**Accompaniments**

Acorn Squash; Asparagus; Sweet Potato Casserole

**Desserts**

Bread Pudding w / Homemade Lemon Sauce  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Ham & Asparagus Frittata

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

**WEDNESDAY DINING JAN. 8; FEB. 5; MARCH 4 WK 3**

**LUNCH**

Fresh Salad Bar  
Red Curry Carrot Soup

**Entrée Choices**

Buttermilk Fried Chicken Breast w / Waffle  
Roasted Pork Tenderloin

***Select Grill***

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

**Accompaniments**

Green Peas; Fresh Fried Apples; Barley



**DINNER**

Fresh Salad Bar  
Chicken Noodle w / Corn Soup

**Entrée Choices**

Lasagna Bolognese w / Garlic Toast  
Grilled Salmon w / Fresh Lemon

***Select Grill***

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

**Accompaniments**

Scandinavian Blend (Peas, Zucc, Green Beans, Carrots & Onions)  
Steamed Cauliflower; Couscous

**Desserts**

Pecan Cobbler Sundae  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Sesame Salmon w / Green Onions & Lemon

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



**LUNCH**

Fresh Salad Bar  
Potato Chowder

**Entrée Choices**

Fried Oyster to Order  
Wild Mushrooms, Prosciutto Fig Jam Pizza on a Cauliflower Crust  
**Select Grill**  
Your choice of chicken, fish, or chopped steak grilled to order.

**Accompaniments**

Sautéed Kale; Honey Ginger Carrots; Baked Sweet Potato

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**DINNER**

Fresh Salad Bar  
Lentil Soup

**Entrée Choices**

\*Coq au Vin  
Slow Cooked Beef Brisket w / Gravy  
**Select Grill**  
Your choice of chicken, fish, or chopped steak grilled to order.

**Accompaniments**

Carrots & Parsnips; Green Beans w / Caramelized Onions  
Quinoa

**Desserts**

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

**TODAY’S LIGHTER FARE**

Beef Brisket marinated in Beer

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

**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**

Steamed Broccoli; Carrots; Baked Beans

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**DINNER**

Fresh Salad Bar  
Wild Rice Soup

**Entrée Choices**

Beef Tenderloin Pot Roast w / Veggies  
Basque Chicken  
**Select Grill**  
Your choice of chicken, fish, or chopped steak grilled to order.

**Accompaniments**

Fried Green Cabbage; Yellow Squash  
Herb Roasted Two Potatoes( red potatoes & sweet potatoes)

**Desserts**

Apple Cobbler ala Mode  
Ice Cream  
Freshly Baked Cookies

**TODAY’S LIGHTER FARE**

Stewed Beef & Vegetables over Rice

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

**LUNCH**

Fresh Salad Bar  
Seafood & Andouille Gumbo

**Entrée Choices**

Grilled New York Strip w / Maitre Butter  
Pancake Breakfast w / choice of Eggs

***Select Grill***

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

**Accompaniments**

Swiss Chard; Carrot Soufflé; Pan-Fried Hash Browns



**DINNER**

Fresh Salad Bar  
Tomato Soup

**Entrée Choices**

Grilled Cheddar Cheese on Texas Toast  
Baked Trout

***Select Grill***

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

**Accompaniments**

Zucchini; Italian Blend Vegetables (Italian Green Beans, Onions)  
French Fries

**Desserts**

Assorted Desserts  
Ice Cream  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Pan Seared Trout

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

**LUNCH**

Fresh Salad Bar  
Vegetable Soup

**Entrée Choices**

Baked Potato w / Toppings  
Baja Fish Taco w / Slaw

***Select Grill***

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

**Accompaniments**

Okra & Tomatoes; Sugar Snap Peas; Seasoned Fries (Cook to Order)



**DINNER**

Fresh Salad Bar  
Creamed Spinach Soup

**Entrée Choices**

Lobster Quiche  
Pork Schnitzel w / Mustard Cream Sauce

***Select Grill***

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

**Accompaniments**

Pepper Medley; Broccoli w / Pine Nuts; Butter Noodles

**Desserts**

Double Layered Chocolate Cake  
Freshly Baked Cookies

**TODAY'S LIGHTER FARE**

Lobster Risotto

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