

*Rappahannock
Westminster-Canterbury
Irvington, Virginia*

Spring, 2020

Dining Menu



Rappahannock Westminster-Canterbury

Sunday Dining Mar. 22; Apr. 19; May 17; Jun. 14;

Lunch

Fresh Salad Bar

Seafood & Andouille Gumbo *

Entrée Choices

Shrimp Alfredo w / Linguini

Pancake Breakfast w / Eggs, Bacon & Sausage

Select Grill

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

Accompaniments

Roasted Brussels Sprouts, Roma Tomato Casserole

Hash Brown Potatoes

Dinner

Fresh Salad Bar

Tomato Soup

Entrée Choices

Grilled Cheddar Bacon, Tomato 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

Vegetable Quiche

421cal.; 13.1g fat; 3g protein; 62g carbs; 6g fiber;332mg sodium

NOTES

*** Lighter Fare Item Descriptions**

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

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.

Rappahannock Westminster-Canterbury

Monday Dining Mar. 23, Apr. 20; May 18; Jun. 15;

Lunch

Fresh Salad Bar

Cheddar Cheese Soup

Entrée Choices

Chicken Tenders w/Honey Mustard Sauce

Chef's Special

Select Grill

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

Accompaniments

Wax Beans, Steamed Broccoli

French Fries

Dinner

Fresh Salad Bar

Lemon Chicken Curry Soup

Entrée Choices

Spaghetti w/Meat Sauce

Italian Sausage (Peppers and Onions)

Select Grill

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

Accompaniments

Steamed Cauliflower , 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; 297 mg sodium

Rappahannock Westminster-Canterbury

Tuesday Dining Mar. 24; Apr. 21; May 19; Jun. 16;

Lunch

Fresh Salad Bar
Potato & Leek Soup

Entrée Choices

Corned Beef
Shrimp Tacos

Select Grill

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

Accompaniments

Cabbage, Carrots
Red Potatoes

Dinner

Fresh Salad Bar
Creamy Spring Onion Soup

Entrée Choices

Pork Tenderloin w/Apple Chutney
Flounder w/ Lemon Butter

Select Grill

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

Accompaniments

Sautéed Baby Spinach, Sugar Snap Peas
Spoon Bread

Desserts

Double Layer Lemon Cake w / Strawberry Filling
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Pan Asia Salad Grilled Chicken Mandarins Sesame Vinaigrette
420cal: 15.2g fat; 26g protein; 53g carb; 8g fiber; 260mg sodium

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

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

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

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

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

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.

Rappahannock Westminster-Canterbury

Wednesday Dining Mar. 25; Apr. 22; May 20; Jun. 17;

Lunch

Fresh Salad Bar

Corned Beef and Cabbage 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

Egg Drop Soup

Entrée Choices

Shrimp and Scallops Stir Fry

Chicken Teriyaki

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

Broiled Tilapia Cherry & Cucumber Salad

273cal; 14.7g fat; 22g protein; 11g carb; 2g fiber; 380g sodium

Rappahannock Westminster-Canterbury

Thursday Dining Mar. 26; Apr. 23 May 21; Jun. 18;

Lunch

Fresh Salad Bar
Vegetable Soup

Entrée Choices

Cowboy Burger with BBQ Onions & Cheddar Cheese
Quiche Lorraine

Select Grill

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

Accompaniments

Buttered Sliced Beets, Lima Beans
French Fries

Dinner

Fresh Salad Bar
Navy Bean Soup

Entrée Choices

Fried Chicken
Kielbasa & 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 - (cell 804-832-6374)
Chef TV #4019
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 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.

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

Chili Mac-Ground beef, celery, red and green peppers, garlic,
chili powder peppers, 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.

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.**

Rappahannock Westminster-Canterbury

Friday Dining Mar. 27; Apr. 24; May 22; Jun. 19;

Lunch

Fresh Salad Bar
Cream of Chicken w/Orzo Soup

Entrée Choices

Cheese Pizza
Beef Liver w/Onions & Bacon

Select Grill

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

Accompaniments

Braised Kale, Shoe Peg Corn
Mashed Potatoes

Dinner

Fresh Salad Bar
Manhattan Clam Chowder

Entrée Choices

Herb Roasted Baked Chicken
Fresh Catch

Select Grill

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

Accompaniments

Parmesan Pesto 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 & Pizza w / Cauliflower Crust
373cal; 12.2g fat; 17g protein; 48g carb; 8g fiber; 273mg sodium

Rappahannock Westminster-Canterbury

Saturday Dining Mar.28; Apr. 25; May 23; Jun. 20;

Lunch

Fresh Salad Bar
Sweet Pea Soup

Entrée Choices

Cheese Quesadilla with Salsa and Sour Cream
Chicken Caesar Salad

Select Grill

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

Accompaniments

Southwest Blend (corn, black beans, pepper red onions), Green Beans
Rosemary Roasted New Potatoes

Dinner

Fresh Salad Bar
Crab Bisque

Entrée Choices

Lamb Roast w/Mint Jelly
Shrimp Scampi w / Cherry Tomatoes in Garlic Broth

Select Grill

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

Accompaniments

Asparagus, Bok Choy *
Steamed Rice

Desserts

Blueberry Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Grilled Chicken w/ Balsamic Roasted Vegetable
345cal; 16.8g fat; 39g protein; 9g carbohydrate; 2g fiber; 357mg sodium

Rappahannock Westminster-Canterbury

Saturday Dining Apr. 18; May 16; Jun. 13;

Lunch

Fresh Salad Bar
Potato & Chive 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

Sesame-Ginger Grilled Tuna
Chicken Cordon Bleu

Select Grill

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

Accompaniments

Cauliflower Polonaise, * Swiss Chard
Stuffed Baked Potato

Desserts

Banana Bread Pudding w / Caramel Sauce
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Seared Tuna Seaweed Salad
223cal; 24g fat; 35g protein; 12g carb; 0g fiber; 260mg sodium

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

Lunch

Fresh Salad Bar
Chicken Noodle Soup

Entrée Choices

The Rachel (Reuben's Sister) slice Turkey, Swiss, Kraut on Rye
Crab 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

Herb Roast Prime Rib
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 Pesto,
Cottage Potato

Desserts

Boston Cream Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

White Wine Poached Salmon
223cal; 24g fat; 35g protein; 12g carb; 0g fiber; 260mg sodium

Rappahannock Westminster-Canterbury
Sunday Dining Mar. 29; Apr. 26; May 24;

Lunch

Fresh Salad Bar
Shrimp Bisque

Entrée Choices

Challah Bread French Toast w/Strawberries and Pepper Bacon*
Beef Tenderloin w/Béarnaise

Select Grill

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

Accompaniments

Sautéed Mushrooms, Yellow Squash & Onions,
Yukon Gold Potatoes

Dinner

Fresh Salad Bar
Tortellini en Barodo Soup *

Entrée Choices

Crab Cake Sandwich on Wheat roll & Dijon Spicy Aioli
Asian Baked Chicken Wings

Select Grill

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

Accompaniments

Roasted Artichokes, Yellow Corn Kernels
Roasted Paprika Potatoes

Desserts

Assorted Desserts
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Sliced Beef Tenderloin Wrap w / Spinach & Horseradish
297cal; 10.6g fat; 37g protein; 14g carb; 4g fiber; 328mg sodium

Rappahannock Westminster-Canterbury

Monday Dining March 30; Apr. 27; May 25;

Lunch

Fresh Salad Bar
Mushroom Barley Soup

Entrée Choices

Baked Ziti w/ Garlic Toast
Chicken Caesar Wrap

Select Grill

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

Accompaniments

Sautéed Snow Peas, Pepper Medley
Baked Dill Potatoes

Dinner

Fresh Salad Bar
Onion Soup

Entrée Choices

Bangers & Mash
Broiled Shrimp, Scallops & Mussels with Herbs

Select Grill

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

Accompaniments

Green Peas, Steamed Buttered Beets
Brown Rice

Desserts

Cheese Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Chicken & Tuna Salad Cold Plate
351cal; 11.8g fat; 14g protein; 47g carb; 5g fiber; 307mg sodium

Rappahannock Westminster-Canterbury

Thursday Dining Apr. 16; May 14; Jun. 11;

Lunch

Fresh Salad Bar
Tomato Florentine Soup

Entrée Choices

Turkey Burger w / Onion Marmalade and Cheddar Cheese
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
Egg Drop Soup

Entrée Choices

General Tso'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

Flatbread Pizza w / Spinach & Feta
411cal; 21.8g fat; 36g protein; 16g carb; 2g fiber; 303mg sodium

Rappahannock Westminster-Canterbury

Wednesday Dining Apr. 15; May 13; Jun. 10;

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

Stewed Tomatoes, Baby Kale, Whipped Potatoes

Dinner

Fresh Salad Bar
Mushroom & Barley Soup

Entrée Choices

Penne Pasta w / Shrimp Puttanesca Sauce
Pork Shank in Pineapple Curry Sauce

Select Grill

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

Accompaniments

Sugar Snap Peas, Plain Beets
Roasted Sweet Potato Wedges

Desserts

Vanillas Pound Cake w / Strawberry Topping
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Vegetable Quiche

Rappahannock Westminster-Canterbury

Tuesday Dining March 31; Apr. 28 ; May 26;

Lunch

Fresh Salad Bar
Chicken & Corn Chowder

Entrée Choices

Lamb Burger w/Tzatziki Sauce * and Grilled Naan Bread
Grilled Chicken w/ Tortellini Alfredo

Select Grill

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

Accompaniments

Oven Roasted Eggplant & Vidalia Onions; Carrots
Herb Rice Pilaf

Dinner

Fresh Salad Bar
Lima Bean Soup

Entrée Choices

Fish & Chips
Herb Roasted Chicken

Select Grill

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

Accompaniments

Stewed Tomatoes, Spinach Casserole
Steak Fries

Desserts

Apple Walnut Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

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

Rappahannock Westminster-Canterbury

Wednesday Dining April 1, April 29, May 27;

Lunch

Fresh Salad Bar
Meat Ball Soup

Entrée Choices

Chicken Chimichanga*
Cobb Salad

Select Grill

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

Accompaniments

Green Beans w/ Red Pepper, Steamed Cauliflower w/ Parsley
Spanish Rice

Dinner

Fresh Salad Bar
Cream of Spinach Soup

Entrée Choices

Beef Burgundy over Noodles
Cashew Crusted Mahi -Mahi w / Pineapple Salsa

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

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

Rappahannock Westminster-Canterbury

Tuesday Dining Apr. 14; May 12; Jun. 9;

Lunch

Fresh Salad Bar
Southwest Corn Chowder

Entrée Choices

Chicken a la King with Biscuit
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 w / Au jus
Chicken Chesapeake with Crabmeat Cream Sauce

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

Grilled Chicken Salad Balsamic Vinaigrette Strawberries Goat Cheese
354cal; 7.4g fat; 24g protein; 49g carb; 6g fiber; 324mg sodium

Rappahannock Westminster-Canterbury

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

Lunch

Fresh Salad Bar
Asparagus Soup

Entrée Choices

Ranch Fried Chicken Wings*
White Wine Baked Trout

Select Grill

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

Accompaniments

Pacific Blend (sugar snap, carrot, broccoli), Mustard Greens
Baked Sweet Potato

Dinner

Fresh Salad Bar
Broccoli Cheese Soup

Entrée Choices

Bay Scallops w/Sherry Mushroom Cream Sauce
Half Roast Cornish Game Hen w / Gravy

Select Grill

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

Accompaniments

Steamed Baby Carrots, Spinach & Artichoke Casserole
Fluffy White Rice

Desserts

Lime Poke Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Pan Seared Trout
360cal; 10g fat; 15g protein; 55g carb; 6g fiber; 442mg sodium

Rappahannock Westminster-Canterbury

Thursday Dining April 2, April 30; May 28

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

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

Dinner

Fresh Salad Bar
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 Peas, *California Blend (Broccoli & Cauliflower florets, Carrots)
Loaded Mashed Potato

Desserts

Strawberry Lemonade Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Rappahannock Westminster-Canterbury

Friday Dining April 3, May 1; May 29;

Lunch

Fresh Salad Bar
Curried Butternut Squash Soup

Entrée Choices

Shrimp Salad w / Roasted Veggies Cold Plate & Pesto Pita
Pork Tenderloin w / Au Jus

Select Grill

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

Accompaniments

Mustard Greens, Buttery Leeks w/Thyme
Sweet Potato Fries

Dinner

Fresh Salad Bar
New England Clam Chowder

Entrée Choices

Whole Roast New York Sirloin
Honey Soy Glazed Salmon

Select Grill

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

Accompaniments

Zucchini & Onions, Baby Carrots,
Parsley New Potatoes

Desserts

Irish Potato Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Baked Salmon Edamame Quinoa Salad
596cal; 21.6g fat; 46g protein; 50g carb; 8g fiber; 389mg sodium

Rappahannock Westminster-Canterbury

Sunday Dining Apr. 12; May 10; Jun. 7;

Lunch

Fresh Salad Bar
Chicken & Sausage Gumbo

Entrée Choices

Crab Asparagus Quiche
Eggs Benedict

Select Grill

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

Accompaniments

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

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, Succotash
Tater Tots

Desserts

Assorted Desserts
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Wheat Spaghetti with Grilled Portabella Mushroom
302cal; 18.2g fat; 16g protein; 18g carb; 1 g fiber; 314mg sodium

Rappahannock Westminster-Canterbury
Saturday Dining Apr. 11; May 9; Jun. 6;

Lunch

Fresh Salad Bar
Cream of Tomato w/Basil Soup

Entrée Choices

Grilled Bacon Cheese Sandwich
Corndogs w / Honey Mustard

Select Grill

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

Accompaniments

Collard Greens. Cauliflower au Gratin
Onion Rings

Dinner

Fresh Salad Bar
Crab & Corn Chowder

Entrée Choices

Fried Butterfly Shrimp w/Remoulade Sauce
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 / Cheesy Polenta *
380 cal;610mg sodium;29gfat; 2g fiber;11 g protein; 21 g carbs

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

Lunch

Fresh Salad Bar
Mediterranean White Bean Soup *

Entrée Choices

Grilled Chicken Caesar Salad
Chili Mac *

Select Grill

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

Accompaniments

Peas, Corn Cobette
Onion Rings

Dinner

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

Entrée Choices

Red Wine Braised 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
Creamy Parmesan Orzo

Desserts

Homemade Lemon Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Grilled Chicken Caesar Salad
224 cal; 8.5 g fat; 24g protein; 139 mg sodium; carbs; 16.5g

Rappahannock Westminster-Canterbury

Sunday Dining Apr. 5; May 3, May 31;

Lunch

Fresh Salad Bar
Crayfish Gumbo

Entrée Choices

Stuffed Flounder
Ribeye Steak w/ Caramelized Onions

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
Ham, Broccoli, Macaroni Casserole

Select Grill

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

Accompaniments

Sugar Snaps Peas, 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

Rappahannock Westminster-Canterbury

Friday Dining Apr. 10; May 8; Jun. 5;

Lunch

Fresh Salad Bar
Italian Wedding 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
Cream of Mushroom Soup

Entrée Choices

Baked Ham w / Orange Glaze
Spring Lamb Chops w / Mint Pesto

Select Grill

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

Accompaniments

Sautéed Brussels Sprouts , Spinach/Mushroom Casserole; Candied Yams

Desserts

Chocolate Mousse
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Broiled Tilapia Lemon Butter
288 cal; 17.2g fat; 1g protein; 18g carb; 4g fiber; 289mg sodium

Rappahannock Westminster-Canterbury

Thursday Dining April 9 ; May 7; June 4;

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
Yukon Gold Mashed Potatoes

Desserts

Peach Pie
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Orange Honey Glazed Drumsticks
263cal; 16.5g fat; 23g protein; 5g carb; 1g fiber; 224mg sodium

Rappahannock Westminster-Canterbury

Monday Dining Apr. 6 ; May 4, June 1;

Lunch

Fresh Salad Bar
Greek Lemon Chicken Soup

Entrée Choices

Quiche Lorraine
Grilled Shrimp Caesar Wrap *

Select Grill

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

Accompaniments

Braised Celery, Steamed Zucchini
Buttered Orzo Pasta

Dinner

Fresh Salad Bar
Sausage, Cabbage & Potato Soup

Entrée Choices

Roast Pork Loin w/Port Wine Sauce
Omelet Station

Select Grill

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

Accompaniments

Fried Apples, Buttered Asparagus
Lyonnaise Potato *

Desserts

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

TODAY'S LIGHTER FARE OPTION

Teriyaki Shrimp Rice Bowl

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

Lunch

Fresh Salad Bar
Beef Noodle Soup

Entrée Choices

Pepper Steak w/Rice
Vegetable Egg Rolls

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~~)
Steamed 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

Chef Salad
420cal; 12.5g fat; 18g protein; 57g carb; 2g fiber; 623mg sodium

WK 3

Rappahannock Westminster-Canterbury
Wednesday Dining Apr. 8; May 6; June 3

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

Steamed Baby Spinach, Parslied Carrots
French Fries

Dinner

Fresh Salad Bar
Lentil Soup

Entrée Choices

Chef's Special
Crab Imperial

Select Grill

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

Accompaniments

Haricote Vertes(Petite Green Beans), Roasted Cauliflower,
Spoon Bread

Desserts

Homemade Peanut Butter Cake
Ice Cream
Freshly Baked Cookies

TODAY'S LIGHTER FARE OPTION

Turkey Spinach Wrap
469cal; 23g fat; 29g protein; 39g carb; 3g fiber; 393mg sodium