



*Rappahannock
Westminister-Canterbury
Irvington, Virginia*

Spring, 2021

Dining Menu



132 LANCASTER DRIVE, IRVINGTON, VA. 22480

804-438-4000

WWW.RW-C.ORG

Rappahannock Westminster-Canterbury
Sunday Dining Mar. 21, Apr. 18, May 16; Jun. 13

Lunch

Fresh Berries
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.
Sandwiches are also available

Accompaniments

Roasted Brussels Sprouts, Roma Tomato Casserole
Hash Brown Potatoes

Dinner

Fresh Berries
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.
Sandwiches are also available

Accompaniments

Potato Chips, Steamed Yellow Squash
Baked Beans

Desserts

Chocolate Ice-Box Pie

**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

DENISE COTTRELL # 4015, Assistant Direct of Culinary
Services

DOT TAYLOR #4017, Production Manager

TARA MATHIS-DIETITIAN - (cell 804-832-6374)

CHEF TV FLYNN # 4091

KITCHEN # 4017



132 LANCASTER DRIVE, IRVINGTON, VA. 22480

804-438-4000

WWW.RW-C.ORG

Rappahannock Westminister-Canterbury
Monday Dining Mar. 22, Apr. 19; May 17; Jun. 14

Lunch

Tropical Fruit
Cheddar Cheese Soup

Entrée Choices

Chicken Tenders w/ Honey Mustard Sauce
Italian Sausage w / Peppers and Onions

Select Grill

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

Sandwiches are also available

Accompaniments

Wax Beans, Steamed Broccoli
French Fries

Dinner (Italian Meal)

Tuscan Pasta Salad
Zuppa Toscana Soup *

Entrée Choices

Spaghetti w/ Meat Sauce
Grilled Marinated Italian Chicken Breast

Select Grill

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

Sandwiches are also available

Accompaniments

Roasted Caulifloert w/ Pesto (Cauliflower), Ratatouille
Herb Parmesan Roasted Potatoes
Garlic Knot Roll

Desserts

Caramel Vanilla Crunch Cake

Rappahannock Westminster-Canterbury

Tuesday Dining Mar. 23; Apr. 20; May 18; Jun. 15

Lunch

Cole Slaw
Potato & Leek Soup

Entrée Choices

Corned Beef
Shrimp Tacos

Select Grill

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

Sandwiches are also available

Accompaniments

Cabbage, Carrots
Red Potatoes

Dinner

Cole Slaw
Caribbean Black Bean 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

Sandwiches are also available

Accompaniments

Sautéed Baby Spinach, Lima Beans
Spoon Bread

Desserts

Double Layer Lemon Cake w / Strawberry Filling

Stuffed Flounder-Flounder filet stuffed w/ a crab cake mixture, splash 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, Pimentos 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.

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

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

Greek Lemon Chicken Soup- Fresh lemon juice, carrots, onions, celery, egg yolks, white rice & Diced chicken in a chicken broth.

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

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

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

Lyonnais Potato-Russet potatoes sliced thin w / olive oil, onions, butter layered in a pan.

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

Minestrone Soup-Orzo with diced tomato, & potatoes, chopped onions, celery carrots, cabbage & zucchini, corn, kidney beans and Italian seasoning with a chicken broth.

Northern Neck Chicken Salad - Chunky Chicken Salad w/ red and green grapes, pecans, celery, mayo, sour cream and fresh parsley.

Potage aux Legumes Soup - French for (Green Vegetable Soup) with carrots, leeks, spinach, watercress in a chicken broth.

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 Provencal- 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 the oven.

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

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

Rappahannock Westminster-Canterbury

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

Lunch

Dill Cucumber Salad

Corned Beef and Cabbage Soup

Entrée Choices

Ground Beef Chimichanga *

Baked Tilapia Francese *

Select Grill

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

Sandwiches are also available

Accompaniments

Fried Okra, Green Peas & Pearl Onions

Baked Potato Wedge

Dinner Asian Meal

Dill Cucumber Salad

Egg Drop Soup

Entrée Choices

Shrimp & Scallop Stir Fry

Chicken Teriyaki

Select Grill

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

Sandwiches are also available

Accompaniments

Mixed Oriental Style Vegetables, Sesame Green Beans

Jasmine Rice

Egg Roll

Desserts

Pear Blackberry Pie

Rappahannock Westminster-Canterbury

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

Lunch

Corn & Black Bean Salad
Cilantro Lime Mex Chili

Entrée Choices

Hamburger w/ BBQ Onions & Cheddar Cheese on Potato Bun
Vegetarian Quiche

Select Grill

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

Sandwiches are also available

Accompaniments

Buttered Sliced Beets: Sugar Snap Peas
French Fries

Dinner

Corn & Black Bean Salad
Navy Bean Soup

Entrée Choices

Fried Chicken
Kielbasa & Kraut

Select Grill

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

Sandwiches are also available

Accompaniments

Green Beans, Steamed Yellow Squash , Mac & Cheese
Honey Biscuit

Desserts

Homemade Carrot Cake

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 Flynn #4019
Dot Taylor—Production Manager # 4017

*** Menu Item Descriptions**

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

Baked Ziti- Ziti pasta, ground beef, mozzarella and parmesan cheese baked in a marinara sauce

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

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.

Chef's Salad - Consisting of hard-boiled eggs, a variety of julienned meats (such as ham, turkey, chicken or roast beef), tomatoes, cucumbers and cheese, all served on a bed of lettuce or other leafy greens.

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-Ground 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.

Cincinatti Chili -ground beef with tomato sauce, diced tomatoes, chili powder, cayenne pepper, cumin, white vinegar, beef broth, cumin, allspice, garlic and cooked elbow noodles served with a sprinkle of cheddar cheese on top.

Coq au Vin- Chicken Thigh braised with red wine and sauteed with olive oil and bacon grease with added vegetables, mushrooms, onions, celery& carrots

Grille hours:

Breakfast 7:30-9:00 a.m.
Lunch 10:30-1:30 p.m.
Dinner 4-7:00 p.m.

GUEST MEAL PRICES

Breakfast -\$6.00, Lunch -(Mon-Sat) \$10.50

Dinner(Mon-Sat) \$15.50, Sunday Lunch \$15.50

Sunday Dinner, \$10.50

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.

Rappahannock Westminster-Canterbury

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

Lunch

Greek Style Garbanzo Bean Salad
Cream of Carrot w / Dill Soup

Entrée Choices

Pepperoni Pizza, Vegetarian Pizza on Cauliflower Crust
Shrimp Scampi w / Cherry Tomatoes in Garlic Broth

Select Grill

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

Sandwiches are also available

Accompaniments

Braised Kale, Shoe Peg Corn
Rice

Dinner

Greek Style Garbanzo Bean Salad
Manhattan Clam Chowder

Entrée Choices

Fried Oysters
Beef Liver w / Onions & Bacon

Select Grill

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

Sandwiches are also available

Accompaniments

Parmesan Pesto Tomato, Sautéed Broccoli
Baked Sweet Potato
Sundried Tomato Roll

Desserts

Lemon Spring Tart

Rappahannock Westminster-Canterbury

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

Lunch

Tossed Iceberg Salad
Sweet Pea Soup

Entrée Choices

Beef & 3 Cheese Quesadilla with Salsa & Sour Cream
Chicken Caesar Salad Platter

Select Grill

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

Sandwiches are also available

Accompaniments

~~Southwest Blend (corn, black beans, pepper red onions), Green Beans~~
Orange Cranberry Muffin

Dinner

Tossed Iceberg Salad
Crab Bisque

Entrée Choices

Lamb Roast w/ Mint Jelly
Herb Roasted Baked Chicken

Select Grill

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

Sandwiches are also available

Accompaniments

Asparagus, Carrots
Rosemary Roasted New Potatoes

Desserts

Blueberry Bread Pudding

Rappahannock Westminster-Canterbury

Saturday Dining Apr. 17; May 15; Jun. 12

Lunch

Edamame Salad Fresca w / Garbanzo Beans
Potato & Chive Soup

Entrée Choices

Grilled Chicken Sandwich
Cornmeal Fried Catfish

Select Grill

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

Sandwiches are also available

Accompaniments

~~Red Cabbage, Italian Green Beans~~
Hush Puppies

Dinner

Edamame Salad Fresca w / Garbanzo Beans
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.

Sandwiches are also available

Accompaniments

Cauliflower Polonaise *, Swiss Chard
Roasted Lemon Potatoes
Croissant

Desserts

Old Fashion Bread Pudding w / Caramel Sauce

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

Lunch

Fresh Fruit
Chicken Noodle Soup

Entrée Choices

Deli Sandwich w / Turkey, Provolone, Lettuce, Tomato & Mayo on Rye
Breakfast Quiche (with Cheddar Cheese & Bacon)

Select Grill

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

Sandwiches are also available

Accompaniments

Ratatouille, Broccoli
Morning Glory Muffin

Dinner

Tossed Salad w / Romaine Lettuce
New England Clam Chowder

Entrée Choices

Herb Roasted Prime Rib
Baked Salmon w / Dill Cream Sauce

Select Grill

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

Sandwiches are also available

Accompaniments

Sautéed Baby Spinach, Baked Tomato Half w / Pesto
Baked Potato
Yeast Dinner Roll

Desserts

Blueberry Cheesecake

Rappahannock Westminster-Canterbury
Sunday Dining Mar. 28; Apr. 25; May 23

Lunch

Tossed Salad
Asparagus, Lemon and Risotto Soup

Entrée Choices

Challah Bread French Toast w/Strawberries and Pepper Bacon*
Roasted New York Strip

Select Grill

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

Sandwiches are also available

Accompaniments

Sautéed Mushrooms, Yellow Squash & Onions,
Yukon Gold Potatoes

Dinner

Cole Slaw
Tortellini en Brodo Soup *

Entrée Choices

Cobb Salad Platter (with chicken, Blue Cheese, Tomatoes & Eggs)
Asian Baked Chicken Wings

Select Grill

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

Sandwiches are also available

Accompaniments

Roasted Artichokes, Buttered Corn Kernels
Roasted Paprika Potatoes

Desserts

Cheese Cake w / Fresh Strawberry Topping

Rappahannock Westminster-Canterbury

Monday Dining March 29; Apr. 26; May 24

Lunch

Fresh Fruit
Mushroom Barley Soup

Entrée Choices

Baked Ziti w/ Garlic Toast *
Triple Scoop Salad Plate(chicken, tuna and egg salad)

Select Grill

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

Sandwiches are also available

Accompaniments

Pepper Medley
Lemon Poppy Seed Muffin

Dinner

Carrot / Craisin Salad
Cream of Onion w / Orzo Soup

Entrée Choices

Bangers & Mash
Broiled Shrimp, Scallops & Mussels with Herbs

Select Grill

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

Sandwiches are also available

Accompaniments

Green Peas, Steamed Buttered Beets
Brown Rice

Desserts

Pineapple Banana Pecan Cake

Rappahannock Westminster-Canterbury

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

Lunch

Sweet Pea & Corn Salad
Roasted Tomato w / Smoked Gouda Soup

Entrée Choices

Albacore Tuna Salad Platter w / Heirloom Tomatoes
BBQ Baby Back Ribs

Select Grill

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

Sandwiches are also available

Accompaniments

Collard Greens, Baked Beans, Yellow Squash
Jalapeno Corn Muffin

Dinner

Sweet Pea & Corn Salad
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.

Sandwiches are also available

Accompaniments

Oriental Vegetables, Braised Celery, Jasmine Rice
Egg Roll

Desserts

Homemade Chocolate Cake

Rappahannock Westminster-Canterbury

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

Lunch

Cole Slaw
Split Pea Soup

Entrée Choices

Chicken Salad on a Grilled Croissant
Baked Rainbow Trout

Select Grill

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

Sandwiches are also available

Accompaniments

Stewed Tomatoes, Sauteed Baby Kale, Lima Beans

Dinner

Broccoli Salad
Mushroom & Barley Soup

Entrée Choices

Penne Pasta w / Shrimp Puttanesca Sauce
Pork Shank in Red Wine Sauce

Select Grill

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

Sandwiches are also available

Accompaniments

Sugar Snap Peas, Buttered Beets
Roasted Sweet Potato Wedges
Dinner Roll

Desserts

7-Up Pound Cake w / Strawberry Topping

Rappahannock Westminster-Canterbury

Tuesday Dining March 30; Apr. 27 ; May 25

Lunch

Fruit Mix
Chicken & Corn Chowder

Entrée Choices

Italian Sub Sandwich
Grilled Chicken w/ Tortellini Alfredo

Select Grill

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

Sandwiches are also available

Accompaniments

Potato Chips, Carrots

Dinner

Cole Slaw
Lima Bean and Bacon Soup

Entrée Choices

Fish & Chips
Vegetarian Lasagna
Chef Salad Platter *

Select Grill

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

Sandwiches are also available

Accompaniments

Spinach Casserole
Steak Fries
Dilly Dill Dinner Roll

Desserts

Apple Walnut Cake

Rappahannock Westminster-Canterbury

Wednesday Dining March 31, April 28, May 26

Lunch

Applesauce
Meat Ball Soup

Entrée Choices

Turkey Tetrazzini
Pork BBQ on a Bun w / Cole Slaw

Select Grill

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

Sandwiches are also available

Accompaniments

Green Beans w/ Red Pepper: Corn Cobbett
Onion Rings

Dinner FRENCH MEAL

De salade d'artichauts (Chickpea, Artichoke and Feta Cheese Salad)
Potato aux Legumes Soup (Green Vegetable Soup) *

Entrée Choices

Beef Bourguignon over Nouilles (Beef Burgundy over Noodles)
Chicken Coq au Vin *

Select Grill

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

Sandwiches are also available

Accompaniments

Haricots Verts (Green Beans) , le beurre nouilles (over Buttered Noodles)
Croissant

Desserts

Homemade Coconut Cake

WK 2

Rappahannock Westminster-Canterbury

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

Lunch

Tossed Salad w / Iceberg Lettuce
Southwest Corn Chowder

Entrée Choices

Chicken a la King with Biscuit
Western Omelet (Ham, Assorted Peppers & Onions)

Select Grill

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

Sandwiches are also available

Accompaniments

Pineapple Casserole, Zucchini w/ Tomatoes
Hash Brown Potatoes*

Dinner

Tossed Salad w / Iceberg Lettuce
Vegan Vegetable Soup

Entrée Choices

Sliced Roasted Sirloin w / Au jus
Sautéed Chicken Breast with Crabmeat Cream Sauce

Select Grill

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

Sandwiches are also available

Accompaniments

Asparagus
Sautéed Exotic Mushrooms
Fettuccine Noodles
Green Onion Dinner Roll

Desserts

Peanut Butter Pie

WK 4

Rappahannock Westminster-Canterbury

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

Lunch

3-Bean Salad
Asparagus Soup

Entrée Choices

Baked Pork Chops
B-L-T w / Potato Chips

Select Grill

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

Sandwiches are also available

Accompaniments

Pacific Blend (Sugar Snap, Carrot, Broccoli)
Au gratin Potatoes

Dinner

Carrot & Craisin Salad
Broccoli Cheese Soup

Entrée Choices

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

Select Grill

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

Sandwiches are also available

Accompaniments

Steamed Baby Carrots, Spinach & Artichoke Casserole
Fluffy White Rice

Desserts

Lemon Berry Crème Cake

Rappahannock Westminster-Canterbury

Thursday Dining April 1, April 29; May 27

Lunch

Cucumber and Tomato Salad
B-L-T Soup

Entrée Choices

Chicken & Broccoli Curry w / Rice
Ribeye Steak Sandwich w / French Fries

Select Grill

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

Sandwiches are also available

Accompaniments

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

Dinner

Cucumber and Tomato Salad
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.

Sandwiches are also available

Accompaniments

Sugar Snaps Peas, California Blend (Broccoli & Cauliflower florets,
Carrots)
Loaded Mashed Potato
Yeast Dinner Roll

Desserts

Brookie Bar

Rappahannock Westminster-Canterbury

Friday Dining April 2, May April 30; May 28

Lunch

Edamame Quinoa Salad
Curried Butternut Squash Soup

Entrée Choices

Shrimp Salad w / Marinated Vegetables & Pesto Pita
Ham & Swiss Quiche

Select Grill

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

Sandwiches are also available

Accompaniments

Broccolini
Sweet Potato Fries

Dinner

Edamame Quinoa Salad
Tomato Florentine Soup

Entrée Choices

Pork Tenderloin w / Au Jus
Honey Soy Glazed Salmon

Select Grill

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

Sandwiches are also available

Accompaniments

Zucchini & Onions, Baby Carrots, Parslied New Potatoes
Herb Biscuit

Desserts

Spring Berry Poke Cake

Rappahannock Westminster-Canterbury

Sunday Dining Apr. 11; May 9; Jun. 6

Lunch

Tropical Fruit
Chicken & Sausage Gumbo

Entrée Choices

Crab Cake
Stuffed French Toast (cream cheese) w / Applewood Bacon

Select Grill

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

Sandwiches are also available

Accompaniments

Petite Green Beans w/Sundried Tomatoes, Julienne Vegetables
O'Brien Potatoes

Dinner

Cole Slaw
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.

Sandwiches are also available

Accompaniments

Broccoli, Succotash
Side Winder Fries

Desserts

Lime Meringue Pie

Rappahannock Westminster-Canterbury
Saturday Dining Apr. 10; May 8; Jun. 5

Lunch

Fruit Mix
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.
Sandwiches are also available

Accompaniments

Green Beans, Tater Tots

Dinner

Tossed Salad
Crab & Corn Chowder

Entrée Choices

Baked Ham w / Orange Glaze
Beef Tenderloin Steak Diane *

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.
Sandwiches are also available

Accompaniments

Asparagus, Harvard Beets*
Roasted Tri-Colored Potatoes

Desserts

Peach Buckle

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

Lunch

Fresh Fruit Salad
Mediterranean White Bean Soup *

Entrée Choices

Grilled Chicken Caesar Salad Wrap
Chili Mac * & Garlic Toast

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.
Sandwiches are also available

Accompaniments

Potato Chips, Steamed Cauliflower w / Parsley

Dinner

Fresh Fruit Salad
Cream of Leek w/ Orzo Soup

Entrée Choices

Red Wine Braised Short Ribs
Red Snapper Provencal *

Select Grill

Your choice of chicken, fish, or chopped steak grilled to order.
Sandwiches are also available

Accompaniments

French Green Bean Almandine, Braised Pearl Onions & Mushrooms
Creamy Parmesan Orzo

Desserts

Warm Brownie Chantilly

Rappahannock Westminster-Canterbury
Sunday Dining Apr. 4; May 2, May 30

Lunch

Black Bean and Cucumber Salad
Crayfish Gumbo

Entrée Choices

Stuffed Flounder *
Ribeye Steak w/ Caramelized Onions

Select Grill

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

Sandwiches are also available

Accompaniments

~~Swiss Chard, Orange Glazed Golden Beets~~
Roasted Fingerling Potatoes

Dinner

Black Bean & Cucumber Salad
Minestrone Soup *

Entrée Choices

Grilled Teriyaki Chicken
Ham & Broccoli Macaroni Casserole

Select Grill

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

Sandwiches are also available

Accompaniments

Sugar Snaps Peas, Squash Medley
Rice Pilaf

Desserts

Lemon Lime Bundt Cake

Rappahannock Westminster-Canterbury
Friday Dining Apr. 9; May 7; Jun. 4

Lunch

Shoe peg Corn Salad
Italian Wedding Soup

Entrée Choices

Northern Neck Chicken Salad & Fruit Platter *
Tuna Casserole

Select Grill

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

Sandwiches are also available

Accompaniments

~~Spaghetti Squash, Capri Blend (Carrot, French Bean, Yellow Squash, Zucchini)~~
Lemon Poppy Seed Muffin

Dinner

Shoe Peg Corn Salad
Cream of Mushroom Soup

Entrée Choices

Fried Shrimp w / Remoulade Sauce
Roasted Leg of Lamb

Select Grill

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

Sandwiches are also available

Accompaniments

Spinach and Mushroom Casserole; Baked Potato w / Sour Cream
Croissant

Desserts

Chocolate Mousse

Rappahannock Westminster-Canterbury

Thursday Dining April 8 ; May 6; June 3

Lunch

Cole Slaw
Lemon Chicken Curry Soup

Entrée Choices

Fish Cakes w/ Tartar Sauce
Jr. Club Sandwich

Select Grill

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

Sandwiches are also available

Accompaniments

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

Dinner

Grapefruit Sections
Zuppa Toscana Soup*

Entrée Choices

Chicken Livers w/ Onions
Slow Cooked Beef Brisket w/ Merlot Sauce
Balsamic Roasted Portabello Mushrooms & Ouinoa

Select Grill

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

Sandwiches are also available

Accompaniments

Braised Red Cabbage, Yukon Gold Mashed Potatoes,
Biscuit

Desserts

Homemade Red Velvet Cake

Rappahannock Westminster-Canterbury

Monday Dining Apr. 5; May 3; May 31

Lunch

Tossed Salad w / Iceberg Lettuce
Greek Lemon Chicken Soup

Entrée Choices

Broccoli / Brie' Quiche
Shrimp Caesar Wrap *

Select Grill

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

Sandwiches are also available

Accompaniments

Braised Celery, Steamed Zucchini
Blueberry Muffin

Dinner

Tossed Salad w / Iceberg Lettuce
Sausage, Cabbage & Potato Soup

Entrée Choices

Roast Pork Loin w/Port Wine Sauce
Spinach / Feta Cheese Omelet

Select Grill

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

Sandwiches are also available

Accompaniments

Fried Apples, Buttered Asparagus
Lyonnais Potato *

Desserts

Cookies Creme Pie

Rappahannock Westminster-Canterbury
Tuesday Dining Apr. 6; May 4; June 1

Lunch

Pickled Beet Salad
Turkey Noodle Soup

Entrée Choices

Pepper Steak over Rice
Fruit & Cottage Cheese Platter w / Lemon Scone

Select Grill

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

Sandwiches are also available

Accompaniments

Sautéed Napa Cabbage, Mandarin Veggie Blend (Broccoli, Pea Pods,
Carrot, Baby Corn, Onion)

Dinner

Pickled Beet Salad
Old Fashion Beef 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.

Sandwiches are also available

Accompaniments

Turnip Greens, Mashed Potatoes
Bacon / Cheddar Biscuit

Desserts

Strawberry Lemonade Cake

WK 3

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

Lunch

Greek Pasta Salad
Cream of Broccoli & Cheese Soup

Entrée Choices

Hot Roast Beef Sandwich
Chicken Chimichanga *

Select Grill

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

Sandwiches are also available

Accompaniments

Spanish Rice, Parslied Carrots

Dinner

Greek Pasta Salad
Lentil Soup

Entrée Choices

Italian Sausage w / Peppers & Onions
Veal Parmesan w / Garlic Toast

Select Grill

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

Sandwiches are also available

Accompaniments

Green Beans, Roasted Cauliflower,
Buttered Linguini Pasta

Desserts

Homemade Peanut Butter Cake

WK 3