

*Rappahannock
Westminster-Canterbury
Irvington, Virginia*

Summer, 2021

Dining Menu



Rappahannock Westminster-Canterbury
Sunday Dining June 20 ; July 18; Aug. 15; Sept 12

Lunch

Summer Minestrone
Tossed Salad

Entrée Choices

Traditional Egg Benedict
Chicken Framboise w / Raspberries*

Select Grill

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

Accompaniments

Sauteed Petite Green Beans, Fried Apples
Anna Potatoes

Dinner

Watermelon Soup
Tossed Salad

Entrée Choices

King Ranch Chicken*
Italian Beef Sandwich*

Select Grill

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

Accompaniments

Sauteed Yellow Squash, Sliced Carrots w / Fresh Dill
Waffles Fries

Desserts

Cheese Cake

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Rappahannock Westminster-Canterbury
Monday Dining June 21; July 19; Aug. 16; Sept. 13

Lunch

Chicken w / Orzo Soup
Carrot & Raisin Salad

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.

Sandwiches are also available

Accompaniments

~~Sauteed Spinach, Summer Vegetable Medley~~
Baked Sweet Potato

Dinner

Beef Vegetable Soup
Pickled Beet Salad

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 Peas
Homemade Mashed Potatoes

Desserts

Lemon Layer Cake

Rappahannock Westminster-Canterbury
Tuesday Dining June 22, July 20; Aug. 17; Sept. 14

Lunch

Kale Soup
Cole Slaw

Entrée Choices

Pan -Seared Flounder w / Fresh Dill and Lemon
BBQ Sauce Burger on a Brioche Bun

Select Grill

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

Sandwiches are also available

Accompaniments

Fried Green Tomato, Sautéed Snow Peas
Parmesan Potato Wedges

Dinner

Italian Wedding Soup*
B-L-T Salad

Entrée Choices

Summer Vegetable Quiche
Fried Pork Chop w / Country Gravy

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
Herb Biscuit

Desserts

Old Fashion Banana Pudding

Menu Item Descriptions

Nicoise Salad Bowl w / Seared Tuna– Nicose olives, eggs, broccoli & cauliflower florets, onions, green beans and cherry tomatoes, capers, anchovy Tuna served on Mixed Salad greens

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 and serve w/ extra dressing on side

Quinoa Pilaf– is a gluten free seed flavored with vegetable stock or broth

Red Snapper Provencal-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 mixed with sour cream, mayo, diced celery, diced red onions, diced red peppers, lemon juice and 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

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

Tomato Provencal – Baked Tomato ½ topped w/ a mixture of Panko crumbs, savory herb blend, black pepper, granulated garlic, onions Asiago cheese and Olive oil

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

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

Lunch

Clam and Potato Soup
Spinach Avocado & Goat Cheese

Entrée Choices

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

Select Grill

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

Sandwiches are also available

Accompaniments

Broccoli, Buttered Corn Cobbett
Quinoa Pilaf*

Dinner

Ham and Cheese Soup
Spinach Avocado & Goat Cheese

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

Sauteed Heirloom Cherry Tomatoes, Mustard Greens
Spoon Bread

Desserts

Ice Cream Novelties

Rappahannock Westminster-Canterbury
Thursday June 24; July 22; Aug. 19; Sept 16

Lunch

Lentil Soup

Baby Kale w / Green & Black Olives w / Greek Vinaigrette Dressing

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.

Sandwiches are also available

Accompaniments

Spiced Beets

Sugar Snap Peas

Hash Browned Potatoes

Dinner

Chilled Peach Soup

Baby Kale w / Green & Black Olives w / Greek Vinaigrette Dressing

Entrée Choices

Slow Roasted Beef Brisket w / Whiskey BBQ Sauce on side
w / Corn Muffin

Red Snapper Provençal*

Select Grill

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

Accompaniments

Cowboy Beans (Pinto Beans), Spinach Soufflé

Ranch Potatoes

Desserts

Raspberry Cheese Cake

WK 1

Related Phone Numbers:

Hostess Desk #4516 for most reservations or **(CELL # 804-567-0008)**

Betty Polk #4016 Office Manager -for Holiday reservations & Brunch
Only

Genita Maiden-Shearin, Director of Culinary Services #4091

Denise Cottrell # 4015– Asst. Director of Culinary Services

Dot Taylor #4017-Production Manager

Tara Mathis-Dietitian—cell 804-832-6374

Chef TV Flyn- #4019

***Menu Item Descriptions**

Baked Buffalo Wings - Wings, roll in flour with cayenne pepper, garlic powder than dipped in Hot sauce and baked in oven

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 noodles

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 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

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

Chicken Scaloppini – Butterfly Chicken breast floured and pan sautéed and 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 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 and garlic, over spaghetti noodles, topped with shredded Parmesan cheese

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

Hoisin Glazed Eggplant– Eggplant peeled and diced with olive oil, diced onions, chopped garlic and basil, with hoisen sauce brushed onto eggplant

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

Italian Wedding Soup-Meatballs (pork and beef) carrots, onions, kale, oregano pasta and chicken base

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

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) \$10.50

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.

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,

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

Lunch

Summer Squash Soup
Strawberry, Spinach & Red Onions w / Raspberry Dressing

Entrée Choices

Spring Mix, Avocado, Berry & Almond Salad
Apricot Baked Chicken

Select Grill

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

Sandwiches are also available

Accompaniments

French Cut Beans, Succotash
Brown Rice

Dinner

Fresh Chopped Spinach w / Ginger Soup
Strawberry, Spinach & Red Onions w / Raspberry Dressing

Entrée Choices

Nicoise Salad Bowl w / Seared Tuna
Sage and Pecan Pork Tenderloin Cutlet

Select Grill

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

Accompaniments

Sautéed Brussels Sprouts w / Brown Butter
Sautéed Squash
Cottage Potatoes

Desserts

Grapefruit Cake

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

Lunch

Fresh Spinach, Garlic & Chickpea Soup
Caesar Salad

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.
Sandwiches are also available

Accompaniments

~~Peas and Carrots, Cauliflower~~
Beer Battered Onion Rings

Dinner

Fish Chowder
Caesar Salad

Entrée Choices

Sauteed Scallops w / Lemon Butter
Blackened Chicken Breast w / Honey Mustard Sauce

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

Limoncello Cake

WK 1

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

Lunch

Chicken & Tortilla Soup
Cucumber, Tomato & Zucchini Salad

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.
Sandwiches are also available

Accompaniments

~~Capri Blend Vegetables, Broccoli~~
Oven Baked Garlic & Parmesan Fries

Dinner

Manhattan Clam Chowder
Cucumber, Tomato & Zucchini Salad

Entrée Choices

Sautéed Shrimp w / Lemon Chive Butter
Roasted Leg of Lamb

Select Grill

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

Accompaniments

Green Peas w / Fresh Mint, Feta Stuffed Tomato
Rice Pilaf

Desserts

Blueberry Bread Pudding w / Homemade Vanilla Sauce

WK 4

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

Lunch

Pepper Steak Soup
Caesar Salad

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.

Sandwiches are also available

Accompaniments

Roasted Artichokes, Late Summer Greens Sauté
Homemade Garlic Bread

Dinner

Vichyssoise Soup
Caesar Salad

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
Croissant

Desserts

Cherry Pie

WK 4

Rappahannock Westminster-Canterbury
Sunday Dining June 27; July 25; Aug. 22;

Lunch

Tomato Basil Soup
Tropical Fruit

Entrée Choices

Airline Chicken Forestier
Sweet Dollar Cakes w /Bacon & Maple Syrup

Select Grill

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

Accompaniments

Asparagus, Honey Glaze Baby Carrots
Tri-Colored Hash Potatoes

Dinner

Beef Barley Soup
Tropical Fruit

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
Sweet Potato Wedge Fries

Desserts

Caramel Vanilla Crunch Cake

WK 2

Rappahannock Westminster-Canterbury
Monday Dining June 28; July 26; Aug 23

Lunch

Garden Vegetable Soup
Carrot Raisin Salad

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.

Sandwiches are also available

Accompaniments

~~Sugar Snap Peas, Roasted Julienne Vegetables~~
Orzo Pilaf

Dinner

Chicken and Rice Soup
Carrot Raisin Salad

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 Almandine, Stir-Fried Shaved Brussels Sprouts
Yukon Gold Mashed Potatoes

Desserts

Blue Berry Pie

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

Lunch

Pork Wonton Soup
Tossed Salad

Entrée Choices

Chicken Broccoli Curry w / Rice
Grilled Steak Salad Platter

Select Grill

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

Sandwiches are also available

Accompaniments

~~Sauteed Cabbage~~
Petit Green Beans, Bran Muffin

Dinner

Gazpacho Soup
Tossed Salad

Entrée Choices

Fried Chicken
Baked Trout

Select Grill

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

Accompaniments

Turnip Greens w / Ham Hocks, Corn on the Cob
Sassy Baked Beans
Buttermilk Biscuit

Desserts

Orange Dreamsicle Cake

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

Lunch

Creamy Summer Squash Soup
Romaine Lettuce w / Blueberry & Walnuts

Entrée Choices

Blackened Chicken, Sweet Corn & Tomato Salad w / Lemon Basil
Dressing & Blueberry Muffin
Grilled Brat on Poppy Seed Roll

Select Grill

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

Sandwiches are also available

Accompaniments

Sauerkraut, Broccolini

Dinner

Lemony Peas & Rice Soup
Romaine Lettuce w / Blueberry & Walnuts

Entrée Choices

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

Select Grill

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

Accompaniments

Cheddar Tomato Cobbler, Balsamic Sugar Snap Peas
Buttered Tortellini

Desserts

Homemade Peanut Butter Cake

Rappahannock Westminster-Canterbury
Tuesday Dining June 29 ; July 27; Aug 24

Lunch

Turkey Noodle Soup
Summer Fruit Salad

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.

Sandwiches are also available

Accompaniments

Sautéed Petite Pearl Onions, Tomato Casserole
Corn on the Cob

Dinner

Chilled Carrot Soup w / Ginger and Turmeric
Summer Fruit Salad

Entrée Choices

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

Select Grill

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

Accompaniments

Peas w / Water Chestnuts, Steamed Zucchini w / Basil Butter
Parslied Red Potatoes
Cheddar & Chive Biscuit

Desserts

Strawberry Crumble Cake

Rappahannock Westminster-Canterbury
Wednesday Dining June 30; July 28; Aug 25

Lunch

Lima Bean & Bacon Soup
Edamame Quinoa Salad

Entrée Choices

Fried Catfish w / Cole Slaw & Corn Muffin
Chimichangas (Beef)

Select Grill

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

Accompaniments

Steam Carrots, Green Beans
Roasted Tri-Colored Potatoes

Dinner

Chinese Lion Head Soup
(Cabbage and Mini Meatballs)
Edamame Quinoa

Entrée Choices

General Tso Chicken*
Sweet & Sour Pork

Select Grill

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

Accompaniments

Asian Wilted Greens, Ginger Vegetable Stir-Fry
White Rice, Egg Roll

Desserts

Homemade Coconut Cake

WK 2

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

Lunch

Summer Corn Soup w / Crisp Prosciutto
Baby Kale w / Shaved Parmesan and Roasted Chickpeas

Entrée Choices

Hot Pastrami on Rye w / Spicy Mustard & Provolone
Seafood Salad Platter w / Old Bay Muffin

Select Grill

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

Accompaniments

Fried Zucchini Coins, Braised Celery & Red Peppers

Dinner

Roasted Red Pepper Soup
Baby Kale w / Shaved Parmesan and Roasted Chickpeas

Entrée Choices

Scallops w / Herb Cream
RW- C Dinner Salad w / Cranberry Muffin

Select Grill

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

Accompaniments

Carrots, Shaved Brussels Sprouts
Buttered Penne Pasta

Desserts

Chocolate Brownie w / Coffee Frosting

WK 4

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

Lunch

Greek Lemon Chicken Soup
Cole Slaw

Entrée Choices

Flatbread Pepperoni Lovers Pizza
Pesto Seared Tilapia

Select Grill

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

Sandwiches are also available

Accompaniments

~~Golden Beets, Edamame Succotash~~
Parmesan Bowtie Pasta

Dinner

Watermelon Gazpacho Soup
Corn & Black Bean Salad

Entrée Choices

Western Omelet
Baked Chicken Thighs w / Roasted Mushrooms

Select Grill

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

Accompaniments

Braised Leeks w / Greens, Cauliflower au Gratin
Loaded Mashed Potatoes
Whole Wheat Roll

Desserts

Cheesecake

WK 4

Rappahannock Westminster-Canterbury
Thursday Dining July 1; July 29; Aug 26

Lunch

Chilled Swedish Blueberry Soup
(vegan, gluten-free and dairy free)
Cucumber & Tomato Salad

Entrée Choices

Turkey Breast, Artichoke & Pecan Salad
Steak, Cheese & Fried Onion Sandwich

Select Grill

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

Sandwiches are also available

Accompaniments

~~Braised Celery, Sliced Beets~~
Shoe String Fries

Dinner

Sweet Onion Soup w / Homemade Crouton
Cucumber & Tomato Salad

Entrée Choices

Strawberry Spinach Salad Platter with Hickory Smoked Chicken Breast
& 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 Potatoes

Desserts

Pineapple Up-Side Down Cake

WK 2

Rappahannock Westminster-Canterbury
Friday Dining July 2, July 30; Aug 27

Lunch

Vegan Corn Chowder *
Summer Watermelon Salad

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.

Sandwiches are also available

Accompaniments

Steamed Summer Squash, Broccoli
French Fries

Dinner

Summer Vegetable Soup
Summer Watermelon Salad

Entrée Choices

Bronzed Salmon w / Herb Compound Butter
Roasted Veal Leg au Jus

Select Grill

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

Accompaniments

Tomato Provençal,* Sautéed Asparagus w / Olive Oil
Rosemary & Dijon Roasted Diced Red Potatoes
Yeast Dinner Roll

Desserts

Chocolate Cheese Cake

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

Lunch

Cream Asparagus & Leek w / Orzo Soup
Iceberg Tossed Salad

Entrée Choices

Shrimp and Grits
Creamy Chicken w / Mushroom Fricassee
Eggs and Pepper Bacon

Select Grill

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

Accompaniments

Steamed Yellow Squash, Braised Cabbage
Grits

Dinner

Tomato Soup
Iceberg Tossed Salad

Entrée Choices

Gourmet Grilled Cheese Sandwich
(Swiss, Provolone, Cheddar on Sourdough)
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

Lemon Meringue Pie

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

Lunch

Bloody Mary Gazpacho Soup
3-Bean Salad

Entrée Choices

Rainbow Trout Almandine
Grilled Turkey Burger w / Pepper Jack Cheese on a Potato Bun

Select Grill

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

Sandwiches are also available

Accompaniments

Italian Green Beans
Steak Fries

Dinner

Shrimp Chowder
3-Bean Salad

Entrée Choices

Lettuce Wedge w / Heirloom Cherry Tomato, Blue Cheese, Bacon Bits,
Red Onion, Cold Poached Salmon w / Raspberry Vinaigrette Dressing
Slow Braised Beef Short Ribs

Select Grill

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

Accompaniments

Steamed Asparagus , Vidalia & Artichoke Casserole
Mashed Potatoes

Desserts

Summer Peach Cake

WK 3

Rappahannock Westminster-Canterbury
Saturday Dining July 3; July 31; Aug 28

Lunch

Pepper Pot Soup
Tossed Salad

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.

Sandwiches are also available

Accompaniments

Carrots
Borracho Beans*

Dinner

Chicken Gumbo
Tossed Salad

Entrée Choices

Shrimp Provencal
Roasted Prime Rib au Jus

Select Grill

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

Accompaniments

Braised Swiss Chard, Oven Roasted Cauliflower
Orzo Pilaf

Desserts

Tuxedo Mousse Parfait

WK 2

Rappahannock Westminster-Canterbury
Sunday Dining July 4; Aug 1; Aug 29

Lunch

Crayfish Bisque
Grapefruit Sections

Entrée Choices

French Toast w / Blueberry Sauce & Sausage
Chicken Cordon Bleu*

Select Grill

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

Accompaniments

Applewood Bacon, Orange Glazed Beets, Garden Vegetable Medley
Baked Potatoes

Dinner

Mushroom & Fennel Soup
Grapefruit Sections

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

Caramel Salted Brownie

WK 3

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

Lunch

Manhattan Fish Chowder
Cucumber & Vidalia Onion Salad

Entrée Choices

Asparagus and Goat Cheese Quiche
Fish Tacos

Select Grill

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

Sandwiches are also available

Accompaniments

Pacific Vegetable Blend (carrots, broccoli, snap peas), Sautéed Baby Kale
Lima Beans

Dinner

Vidalia Onion Soup
Cucumber & Vidalia Onion Salad

Entrée Choices

Grilled Strip Steak w / Boursin Sauce
Chicken Scaloppini w / Lemon-Caper Sauce
Homemade Cheddar Knot Roll

Select Grill

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

Accompaniments

Mushroom Duxelle Casserole, Broiled Tomato Half w / Parmesan
Roasted Red Potatoes

Desserts

Chocolate Lasagna

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

Lunch

Fresh Broccoli Broth Soup
Fresh Fruit

Entrée Choices

Blue Cheese Burger w / Onion Jam (on a Pretzel Bun)
Baked Flounder w / Lemon & Crusty Baguette

Select Grill

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

Sandwiches are also available

Accompaniments

~~Wax Beans, Spinach~~
Side Winder Fries

Dinner

Chilled Strawberry Soup
Fresh Fruit

Entrée Choices

Chicken Divan
Smoked Paprika Pork Roast w / Stout and Sweet Tea BBQ Sauce &
Texas Corn Bread

Select Grill

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

Accompaniments

Squash Casserole, Green Beans w / Mushrooms
Corn on the Cob

Desserts

Italian Summer Country Cake

Rappahannock Westminster-Canterbury
Monday Dining July 5; Aug 2; Aug 30

Lunch

Hawaiian Pork Soup
Cole Slaw

Entrée Choices

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

Select Grill

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

Sandwiches are also available

Accompaniments

~~Fried Okra, Bean Medley (Green beans, Wax beans & Red Peppers)~~
Home Fried Potatoes

Dinner

Beef Minestrone Soup
Cole Slaw

Entrée Choices

4 Cheese Lasagna w / Garlic Bread
Roasted Cod w / Herb Breadcrumbs

Select Grill

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

Accompaniments

Yellow Squash, Fresh Spinach
Spoon Bread

Desserts

Boston Crème Pie

Rappahannock Westminster-Canterbury
Tuesday Dining July 6; Aug 3; Aug 31

Lunch

Chilled Melon Soup
Summer Corn Salad

Entrée Choices

Spaghetti w / Mini Meatballs & Garlic Toast
Sliced Turkey Croissant w / Avocado Lettuce & Tomato

Select Grill

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

Sandwiches are also available

Accompaniments

Roasted Eggplant
Broccolini

Dinner

Vietnamese Chicken & Shrimp Soup
Summer Corn Salad

Entrée Choices

Pork Milanese w / Herb Butter
Baked Tilapia

Select Grill

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

Accompaniments

Sauteed Petit Green Beans, Fried Green Tomatoes
Lemon Herbed Potatoes
Dilly Dill Dinner Roll

Desserts

Key Lime Pie

WK 3

Rappahannock Westminster-Canterbury
Wednesday Dining July 7; Aug 4; Sept. 1

Lunch

English Pea w / Mint Soup
Artichoke & Garbanzo Bean Salad

Entrée Choices

Mixed Greens Salad w / Marinated Grilled Chicken Breast
Creamy Shrimp Piccata Bowl

Select Grill

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

Sandwiches are also available

Accompaniments

Cauliflower, Steamed Fresh Carrots w / Parsley

Dinner

Cream of Carrot & Dill Soup
Artichoke & Garbanzo Bean Salad

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, Balsamic Roasted Zucchini
Steamed Rice
Croissant

Desserts

Ice Cream Novelties