

RWC CULINARY SERVICE PHONE NUMBERS

HOSTESS LINE #4516, for most reservations or 804-567-0008

Culinary Service Cell Phone—804-567-0008

CHEF TV FLYNN #4019

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



Rappahannock
Westminister-Canterbury

FALL 2021 DINING MENU

132 LANCASTER DRIVE, IRVINGTON, VA 22480, 804-438-4000, WWW.RW-C.ORG



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GRILLE HOURS

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

SPECIAL MEAL PRICES FOR GUESTS

Holiday Brunch includes wine, \$29.25

Holiday Brunch **with out wine**, \$25.25

Sunday Brunch includes wine, \$29.25

Picnic Lunch (Summer Holidays)

\$17.75 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.

HOLIDAY MEALS

Reservations are needed for seating in the Grille (Thanksgiving Day , Christmas Day and New Years Day.

To make reservations you will need to call Betty Polk #4016. 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 or 804-567-0008.**

Holiday meals are considered part of your meal plan and include wine, and beer.



NOTES

CULINARY SERVICES RELATED PHONE NUMBERS

HOSTESS LINE #4516, for most reservations or 804-567-0008

Culinary Service Cell Phone—804-567-0008

CHEF TV FLYNN #4019

BETTY POLK #4016 Office Manager, Holiday 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— 804-832-6374



SUNDAY DINING SEP. 19; OCT. 17; NOV. 14; DEC. 12 WK 1

LUNCH

Creamy Crawfish Bisque
Tossed Salad

Entrée Choices

© Flounder Meuniere w / Roasted Veggies (Olive Oil, Butter Sauce)
Herb Roasted Beef Prime Rib

Select Grill

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

Accompaniments

Sautéed Petite Green Beans; Roasted Vegetables;
Loaded Baked Potato



DINNER

Navy Bean Soup
Tossed Salad

Entrée Choices

© Roasted Airline Chicken Breast
(5 oz breast cooked w / sage & black pepper (served with braised kale)
Herb Fried Tilapia

Select Grill

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

Accompaniments

Braised Kale; *Corn Maque Choux; Oven Roasted Potato Wedges

Desserts

Assorted Desserts

©HEALTHY CHOICE

Flounder Meuniere— 4 ounces fish with sauce
286 cal.; 11g fat; 33g protein; 14 carbs; 2g fiber; 135mg sodium; 7% mg iron

Roasted Airline Chicken —6 ounces
314 cal.; 18g fat; 35g protein; 0 carbs; 0g fiber; 252mg sodium; 7% mg iron

© HEALTHY CHOICE

@ Portion Control Based on Calorie Count

MENU ITEM DESCRIPTIONS

Autumn Chicken Soup—sweet potatoes, carrots, parsnips, apples, and onions

Autumn Spice Ham Steak— Ham steak, red and green apples slices, cinnamon and maple syrup served with pineapple sauce.

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

Boardwalk Fries —homemade steak fries seasoned w / kosher salt and served w/ malt vinegar

Corn Maque Choux—Corn kernels, red bell pepper, onions

4-Way Mix Vegetables—sweet corn, carrots, cut beans and peas

General Tso Chicken— Boneless thighs cut into cubes, floured w / cornstarch, fried, tossed and baked in an oriental sauce

Greek Lemon Chicken Soup— fresh lemon juice, carrots, onions, celery, egg yolks and white rice& chicken diced

Grilled Chicken over Tortellini Alfredo— grilled chicken breast in a white alfredo sauce served over tortellini pasta

Herb Roasted Airline Chicken Breast - boneless chicken breast with the drumette attached

Indian Cabbage—chopped cabbage, ground beef, beef broth, tomato sauce, brown sugar

Italian Peasant Soup— sausage onion, chicken, beans, tomato, basil and oregano

Beans, turkey kielbasa, bacon, parmesan cheese and French Baguette crumbs

Mediterranean White Bean Soup— garlic, potatoes, onions ½ is blended then added back for thickness

Melba Sauce—a sauce made from pureed raspberries thickened with powdered sugar.

Minestrone Soup—Orzo with diced tomato, & potatoes, chopped onions, celery carrots, cabbage & zucchini, corn, kidney beans and Italian seasoning

Monte Cristo Sandwich—Ham, Turkey, Swiss cheese on white bread then dipped in a French toast mixture and grilled.

Mulligatawny Soup— Diced chicken, curry powder, apples, heavy cream, Mulligatawny” means “pepper water”

Oven Baked Greek Potato— potatoes tossed with, olive oil, lemon juice, thyme, rosemary, garlic and baked in the oven

Patty Melt on Rye Bread - Ground beef patty, caramelize onions, Swiss and cheddar cheese slice served on grilled buttered rye bread

Pineapple Salsa—cubed pineapple, green peppers, red onion chopped, cilantro, jalapeno pepper, lime juice, lemon juice, red crushed red pepper flakes

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

Stuffed Peppers— Bell peppers with seasoned ground beef, rice and mildly sweet tomatoes, finished with mozzarella cheese and baked until tender.

MONDAY DINING SEP. 20; OCT. 18; NOV. 15; DEC. 13 WK 1

LUNCH

Tomato Soup

Fresh Fruit

Entrée Choices

Gourmet Grilled Cheese

ⓈVegetarian Chili with Corn Muffin (black beans, tomatoes, red bell pepper, onion chili powder, cumin, oregano & cheddar cheese)

Select Grill

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

Sandwiches are also available

Accompaniments

Steamed Peas; Buttered Baby Carrots; Sweet Potato Wedges



DINNER

Shrimp & Sausage Creole Soup

Fresh Fruit

Entrée Choices

Cheesy Meatloaf w/ Gravy

ⓈGrilled Mahi Mahi w / Pineapple Salsa

Select Grill

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

Accompaniments

Grilled Yellow Squash; Sautéed Spinach; Mashed Potatoes

Desserts

Apple Pie

ⓈHEALTHY CHOICE

Vegetarian Chili with Corn Muffin –1 cup serving

1 cup per serving: 311 calories: 4.4g fat; 16.3g protein; 38.6 g carbs; 13.7g fiber; 433mg sodium; 4.8mg iron

Grilled Mahi Mahi Pineapple Salsa 1-6 oz fillet with ¼ cup salsa

195 cal.1-6oz. Filet with ¼ cup salsa 2f fat,204mg sodium, 12g carb,32 g protein,

TUESDAY DINING SEP. 21; OCT. 19; NOV. 16; DEC. 14 WK 1

LUNCH

Corn Chowder
Caesar Salad

Entrée Choices

☉Beef Stroganoff (lean beef, skim milk, low-fat sour cream)
Chicken Livers

Select Grill

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

Sandwiches are also available

Accompaniments

Brussels Sprouts; Lima Beans with Red Pepper
Egg Noodles(tossed w / olive oil)



DINNER

* Mulligatawny Soup

(Onions, Celery, Apples, Tomatoes, Chicken, Jasmine Rice)

Caesar Salad

Entrée Choices

BBQ Baby Back Ribs & Corn Muffin

☉Ginger Peanut Catfish (sesame oil, fresh ginger, lime juice, soy sauce, garlic, shallots & peanuts)

Select Grill

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

Accompaniments

Sugar Snap Peas; Braised Red Cabbage; Mac & Cheese

Desserts

German Chocolate Pie

☉HEALTHY CHOICE

Beef Stroganoff –2 cups

110 calories; 7.5g fat; 40g protein; 61g carb; 3g fiber; 390mg sodium; 27 %mg iron

Ginger Peanut Catfish-5 oz. fish with sauce

104 calories; 12g fat; 28g protein; 8g carb; 1g fiber; 217mg sodium; 10%mg iron

SATURDAY DINING OCT. 16; NOV. 13; DEC. 11

WK 4

LUNCH

Black Bean Soup
Tropical Fruit Salad

Entrée Choices

☉ Chicken w / Zucchini Casserole

Sailor Sandwich (Pastrami, Knockwurst, Swiss & Mustard)

Select Grill

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

Sandwiches are also available

Accompaniments

Sautéed Red Cabbage; Julienne Carrots with Parsley;
Lemon Horseradish New Potatoes



DINNER

* Autumn Chicken Soup

Cole Slaw

Entrée Choices

BBQ Baby Back Ribs

Fried Oysters w / Hushpuppies

Select Grill

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

Accompaniments

Scandinavian Blend (carrots, peas, zucchini & green beans)
Harvard Beets; Roasted Fingerling Potato

Desserts

Pecan Pie

☉HEALTHY CHOICE

Chicken w / Zucchini Casserole-1 cup

307 calories; 13.2g fat; 33.6g protein; 11.1g carb; 1.2g fiber; 388.7mg sodium; 1.1mg iron

FRIDAY DINING OCT. 15; NOV. 12; DEC. 10

WK 4

LUNCH

Turkey Noodle Soup
Asparagus & Artichoke Salad

Entrée Choices

Braised Pork w / Sauerkraut
Cheese Quesadilla

Select Grill

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

Sandwiches are also available

Accompaniments

Braised Kale; Black Bean & Corn Fiesta; *Oven Baked Greek Potato

DINNER

Apple Bacon & Tomato Soup
Asparagus & Artichoke Salad

Entrée Choices

☉ Grilled Salmon w / Blueberry Compote
Hearty Lamb Stew w / Biscuit

Select Grill

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

Accompaniments

Red Onion & Pepper Medley; Broccoli; Wild Rice

Desserts

Apple Bread Pudding

☉ HEALTHY CHOICE

Grilled Salmon w / Blueberry Sauce-4 oz fish
205 calories; 6.6g fat; 30g protein; 5g carb; 2gfiber; 493mg sodium; 1mg iron

WEDNESDAY DINING SEP. 22; OCT. 20; NOV.17; DEC. 15 WK 1

LUNCH

Mushroom Barley Soup
Broccoli Salad

Entrée Choices

☉ Vegetarian Quiche
Beef Hot Dogs

Select Grill

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

Sandwiches are also available

Accompaniments

Roasted Zucchini; Fried Okra; Baked Beans

DINNER

Ham & Cabbage Soup
Broccoli Salad

Entrée Choices

Lasagna w / 3 Meat Sauce & served with a Garlic Roll
☉ Greek Chicken & Roasted Vegetables w/ Lemon Vinaigrette

Select Grill

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

Accompaniments

Asparagus; Steamed Corn; Parsley Red Potatoes

Desserts

Cranberry Carrot Cake with Cream Cheese Frosting

☉ HEALTHY CHOICE

Vegetarian Quiche-4 oz
361 calories; protein 6g; carbohydrates 40g; fat 15g; cholesterol 34mg;
sodium 500.2mg.
Greek Chicken w / Roasted Vegetables-3 ½ oz. chicken & ½ cup
vegetables
306 calories; 15.1g fat; 29.5g protein; 12.1g carb; 1.6g fiber; 431mg sodium; 1.7mg iron

THURSDAY DINING SEP. 23; OCT. 21; NOV.18; DEC. 16 WK 1

LUNCH

Cheeseburger & Bacon Soup
Greek Cucumber Salad

Entrée Choices

Ranch Fried Chicken Wings
ⓈMediterranean Cod w / Wilted Greens & Mushrooms
(onion, garlic, tomato, lemon juice, fresh parsley)

Select Grill

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

Sandwiches are also available

Accompaniments

Corn Pudding; Broccoli; Brown Rice Pilaf



DINNER

Roasted Garlic Soup
Greek Cucumber Salad

Entrée Choices

ⓈMuffin-Tin Spinach Quiche
Coffee-Brown Sugar Pork Loin

Select Grill

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

Accompaniments

Steamed Beets; Homemade Applesauce; Baked Potato

Desserts

Apple Spice Cake

ⓈHEALTHY CHOICE

Mediterranean Cod w / Wilted Greens & Mushrooms-1 piece fish & ½ cup of vegetables

236 calories; 2g fat; 18g protein; 11g carbs; 3g fiber; 598mg sodium; 0mg iron

Muffin-Tin spinach Quiche –2 muffins

243 calories; 816.4g fat; 15g protein; 7.1g carbs; 1.5g fiber; 458.5mg sodium; 2.2mg

THURSDAY DINING OCT. 14; NOV. 11; DEC. 9 WK 4

LUNCH

*Italian Peasant Soup with Beans
Autumn Fruit Salad

Entrée Choices

ⓈCrustless Broccoli & Cheese Quiche
Philly Cheese Steak Sub w / Onions

Select Grill

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

Sandwiches are also available

Accompaniments

Roma Tomato Casserole; Baby Carrots
* Boardwalk Fries



DINNER

Sweet Potato Soup
Autumn Fruit Salad

Entrée Choices

ⓈSeared Flounder w / Avocado Relish
Roasted Turkey Breast w / Dressing & Gravy

Select Grill

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

Accompaniments

Scalloped Apple; Sautéed Green Beans w / Olive Oil
Yukon Mashed Potato

Desserts

Peanut Butter Brownie

ⓈHEALTHY CHOICE

Crustless Broccoli & Cheese Quiche

370 calories; 12.1g fat; 11.3g protein; 55.3g carb; 2.9g fiber; 427mg sodium; 2.7mg iron

Seared Flounder w / Avocado Relish-3 oz fish

198 calories; 8g fat; 21g protein; 12g carb; 4g fiber; 69mg sodium;

WEDNESDAY DINING OCT. 13; NOV. 10; DEC. 8 WK 4

LUNCH

Squash, Pear & Shallot Soup
Beet Salad

Entrée Choices

☉Chicken Tacos
Baked Ham w / Grilled Pineapple

Select Grill

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

Sandwiches are also available

Accompaniments

Acorn Squash; Peas & Diced Carrots; Garlic Mashed Potatoes



DINNER

Zesty Thai Cucumber Soup
Beet Salad

Entrée Choices

☉Charred Shrimp, Pesto & Quinoa
Streak Stir-Fry

Select Grill

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

Accompaniments

Sambar (*Lentils, Mixed Vegetables & Spices*)
Basmati Rice; Indian Cabbage

Desserts

Pineapple Upside Down Cake

☉HEALTHY CHOICE

Chicken Tacos

184 calories; 8.5g fat; 20g protein; 14g carb; 2g fiber; 115mg sodium;

Charred Shrimp, Pesto & Quinoa-2 ½ cup

429 calories; 7.2g fat; 30g protein; 29.3g carb; 2g fiber; 571.4mg sodium; 2.9mg iron

FRIDAY DINING SEP. 24; OCT. 22; NOV.19; DEC. 17 WK 1

LUNCH

Pumpkin Soup
Cous Cous Salad

Entrée Choices

Fried Oysters
Chopped Beef Steak w / Gravy

Select Grill

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

Sandwiches are also available

Accompaniments

Artichokes; Carrots & Cauliflower
Potato Cake



DINNER

Creamy Broccoli & Cheese Soup
Cole Slaw

Entrée Choices

☉Trout w / Tarragon Mustard Sauce
Roasted Lamb

Select Grill

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

Accompaniments

Roasted Acorn Squash; Sautéed Spinach; Potato Casserole

Desserts

Blueberry Bread Pudding

☉HEALTHY CHOICE

Trout w / Tarragon Mustard Sauce-5 oz. trout with sauce-5 oz with sauce

275 calories; 16g fat; 24g protein; 7g carb; 0g fiber; 421mg sodium; 7 % iron

SATURDAY DINING SEP. 25; OCT. 23; NOV.20; DEC. 18 WK 1

LUNCH

Lima Bean & Bacon Soup
Texas Caviar (black-eye pea) Salad

Entrée Choices

☉ Caprese Chicken Breast
(olive oil, balsamic vinegar, fresh basil, fresh mozzarella & tomatoes)
Cheese Burger

Select Grill

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

Sandwiches are also available

Accompaniments

Sauteed Red Peppers; Steamed Broccolini; Shoe String Fries

DINNER

French Onion Soup
Tossed Salad

Entrée Choices

☉ Sauteed Shrimp over Polenta
(4-16/20 shrimp, olive oil, Dijon mustard & white wine)
Grilled New York Strip Loin Steak with Onion Straw

Select Grill

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

Accompaniments

Broiled Tomato Half; Sautéed Mixed Mushrooms
Roasted Dijon Yukon Gold Potatoes

Desserts

Butter Pound Cake with Rum Glaze

☉ HEALTHY CHOICE

Caprese Chicken Breast

302 calories; 12g fat; 31g protein; 13g carbohydrate; 5.1g fiber; 319mg sodium; 1.2mg iron

Sauteed Shrimp over Polenta 3/4 cup

202 calories; 0.625g fat; 38.63g protein; 1.74g carbohydrate; 4.13mg iron; 858mg sodium;
1.2mg Polenta:

TUESDAY DINING OCT. 12; NOV. 9; DEC. 7 WK 4

LUNCH

Navy Bean Soup
Cucumber Tomato Salad

Entrée Choices

Cheddar Bacon Burger on Pretzel Roll
☉ Orange Chicken Thighs

Select Grill

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

Sandwiches are also available

Accompaniments

Roasted Brussels Sprouts; Grilled Yellow Squash; Steak Fries

DINNER

Cheddar Ale Soup
Cole Slaw

Entrée Choices

Spanish Beef Stew w / ☉ Vegetable Couscous-½ cup
☉ Stir-Fry Scallops w / Curried Pasta & Spinach

Select Grill

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

Accompaniments

Spinach ; @Vegetable Couscous

Desserts

Coconut Cake

☉ HEALTHY CHOICE

Orange Chicken Thigh-4oz chicken with sauce

140 calories; 6g fat; 10g protein; 11g carb; 1g fiber; 258mg sodium; 1mg iron

Stir-Fry Scallops w / Curried Pasta & Spinach

378 calories; 4.4g fat; 24.1g protein; 66.1g carb; 2.9g fiber; 434.7mg sodium;
4.5 mg iron

Vegetable Couscous

109 calories; 6g fat; 3.4g protein; 17.5g carb; 2.9g fiber; 210mg sodium; 0.9 iron

MONDAY DINING OCT. 11; NOV.8; DEC. 6 WK 4

LUNCH

*Greek Lemon Chicken Soup
Tuscan Bean

Entrée Choices

Liver & Onions with Bacon
Northern Neck Chicken Salad w / Cranberry Muffin

Select Grill

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

Sandwiches are also available

Accompaniments

Mandarin Blend Medley; Butter Beans; Home Fried Potatoes



DINNER

Coconut Shrimp Soup
Fresh Fruit

Entrée Choices

©Meatloaf
©Roasted Pork Tenderloin w / Mango Salsa

Select Grill

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

Accompaniments

Buttered Leeks; Chuck Wagon Blend (*Carrots, Onions, Red & Green Peppers*)
Whipped Potatoes

Desserts

Key Lime Pie

©HEALTHY CHOICE

Meatloaf-1 cup

193 calories; 5g fat; 19g protein; 17g carb; 2g fiber; 387mg sodium; 19% iron

Roasted Pork Tenderloin w / Mango Salsa

211 calories, 12g fat, 23g protein, 0 carb. 0g fiber, 50 mg sodium, 4 mg iron

SUNDAY DINING SEPT 26; OCT. 24; NOV. 21

WK 2

LUNCH

Butternut Squash Bisque
Tossed Salad (Iceberg & Romaine)

Entrée Choices

©Stuffed Flounder w / Spinach (olive oil, cream, mozzarella & feta cheese)

*Autumn Spice Ham Steak
(*Red & Green Apples, Maple Syrup, Cinnamon*)

Scrambled Eggs w / Sausage & Toast

Select Grill

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

Accompaniments

Roasted Eggplant; Steamed Asparagus
Baked Sweet Potato



DINNER

Lentil Soup
Beet Salad

Entrée Choices

Pancake Supper (Dollar cake stack & bacon)
Swedish Meatballs

Select Grill

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

Accompaniments

Fried Apples; Brown Rice
Pacific Blend (snap peas; carrots; yellow peppers; broccoli)

Desserts

German Chocolate Cake

©HEALTHY CHOICE

Spinach Stuffed Flounder

242 calories; 15g fat; 24g protein; 2g carb; 1g fiber; 702mg sodium; 1mg iron

MONDAY DINING SEPT. 27; OCT. 25; NOV. 22 WK 2

LUNCH

Beef Vegetable Soup
Tossed Salad

Entrée Choices

☉ Whole –Wheat Spaghetti w / Turkey Meat Sauce
*Monte Cristo Sandwich with Melba Sauce

Select Grill

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

Sandwiches are also available

Accompaniments

Roasted Broccoli w / Parmesan; Succotash



DINNER

Split Pea Soup
Cole Slaw

Entrée Choices

Duo Pulled Pork w / Smoked Sausage Sandwich served on a Potato Bun

☉ Baked Tilapia w / Lemon Butter

Select Grill

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

Accompaniments

Baked Beans; Kale; Corn -on-Cob

Desserts

Coconut Custard Pie

☉ HEALTHY CHOICE

Whole Wheat Pasta w / Turkey Meat Sauce

240 calories; 20g fat; 24.9g protein; 11g carb; 1.5g fiber; 379mg sodium; 1mg iron

Baked Tilapia w / Lemon Butter

240 calories; 20g fat; 24.9g protein; 11g carb; 1.5g fiber; 379mg sodium; 1mg iron

SUNDAY DINING OCT. 10; NOV. 7; DEC. 5 WK 4

LUNCH

Wild Mushroom Soup
Tossed Salad (Iceberg & Romaine)

Entrée Choices

French Toast & Sausage Link

☉ Roasted Beef Tenderloin w / Merlot Blackberry Sauce

Select Grill

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

Accompaniments

Broccoli & Cheese Casserole; Candied Parsnips & Carrots
Herb Roasted Two Potato



DINNER

Turkey with Wild Rice Soup
Tossed Salad (Iceberg & Romaine)

Entrée Choices

* Baked Ziti with Meat Sauce & Garlic Bread

Fried Catfish w / Country Slaw

Select Grill

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

Accompaniments

Roasted Zucchini; Cauliflower; Diced Hash Brown Potatoes

Desserts

Tiramisu

☉ HEALTHY CHOICE

Roasted Beef Tenderloin w / Merlot Blackberry Sauce-4 oz beef serve
with 2 Tablespoons of sauce

320 calories; 13g fat; 24g protein; 6g carb; 2g fiber; 370mg sodium; 19gm iron

SATURDAY DINING OCT. 9; NOV. 6; DEC. 4 W 3

LUNCH

Cream of Cauliflower Soup
Grapefruit Sections

Entrée Choices

Hot Dogs w / Fixing
Hamburger on a Bun

Select Grill

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

Sandwiches are also available

Accompaniments

Sauerkraut, Corn-on-Cob; Baked Beans



DINNER

Shrimp Chowder
Grapefruit Sections

Entrée Choices

@Grilled Salmon w/ Lemon Sauce
Veal Parmesan

Select Grill

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

Accompaniments

Asparagus; Sautéed Yellow Squash; Linguine Tossed w / Olive Oil

Desserts

Homemade Sweet Potato Pie

@HEALTHY CHOICE

Grilled Salmon w/ Lemon Sauce

450 calories; 14g fat; 30g protein; 52g carb; 7g fiber; 530mg sodium; 20mg iron

TUESDAY DINING SEPT. 28; OCT. 26; NOV. 23 WK 2

LUNCH

Homemade Chili
Potato Salad

Entrée Choices

Cheddar w / Asparagus Quiche
Chopped Fried Steak w / Peppered Gravy

Select Grill

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

Sandwiches are also available

Accompaniments

Grilled Yellow Squash; Italian Green Beans; Whipped Potatoes



DINNER

Cheesy Ham Chowder
Cucumber & Tomato Salad

Entrée Choices

Fried Chicken
©Vegetable Lasagna

Select Grill

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

Accompaniments

Stewed Tomatoes; Sautéed Brussel Sprouts; Mac & Cheese

Desserts

Strawberry Cheese Cake

©HEALTHY CHOICE

Vegetable Lasagna

361calories; 15g fat; 6g protein; 40g carb; 0.8g fiber; 500mg sodium; 34mg.chol.

WEDNESDAY DINING SEPT 29; OCT 27; NOV. 24 WK 2

LUNCH

Italian Wedding Soup
Corn & Tomato Salad

Entrée Choices

☉Mediterranean Shrimp Orzo Salad Bowl
(artichokes, red & green peppers, olives)
w / Fresh Dill & Greek Vinaigrette
Hearty Beef Stew
(beef, carrots, potatoes & celery)

Select Grill

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

Sandwiches are also available

Accompaniments

Bean Medley; (lima, pinto & white beans), Grilled Eggplant

DINNER

*Minestrone Soup
Corn & Tomato Salad

Entrée Choices

☉Pork Chop w / Mustard Leeks over Mashed Yams
Chicken Caesar Salad

Select Grill

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

Accompaniments

Roasted Zucchini; Wax Beans

Desserts

Key Lime Pie

☉HEALTHY CHOICE

Mediterranean Shrimp Orzo Salad Bowl

397 calories; 12g fat; 18g protein; 52g carb; 3g fiber; 574mg sodium;

Pork Chop w / Mustard Leek over Mash Yams-1 pork chop with leeks

346calories; 5g fat; 28g protein; 21g carb; 3g fiber; 434mg sodium; 22mg iron

FRIDAY DINING OCT. 8; NOV. 5; DEC. 3 WK 3

LUNCH

Cabbage w/ Mini Meatballs Soup
Fresh Fruit

Entrée Choices

☉Chopped Steak w / Onions & Mushrooms (over Cauliflower Rice)
*Grilled Chicken over Tortellini Alfredo

Select Grill

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

Sandwiches are also available

Accompaniments

Broccoli; Okra & Tomato



DINNER

Creamy Tomato Basil Soup
Cole Slaw

Entrée Choices

Chicken Breast Cordon Blue
Honey Flank Steak

Select Grill

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

Accompaniments

Spinach; Burgundy Mushrooms
Roasted Fingerling Potatoes

Desserts

Sweet Pear Cake

☉HEALTHY CHOICE

Chopped Steak w / Onions & Mushrooms-1 hamburger steak

231 calories; 9g fat; 9g protein; 9g carb; 3.5g fiber; 647mg sodium; 2.6mg iron

THURSDAY DINING OCT. 7; NOV. 4; DEC. 2 WK 3

LUNCH

Kale Soup
Cole Slaw

Entrée Choices

Pecan Crusted Tilapia
Country Fried Steak with Pepper Gravy

Select Grill

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

Sandwiches are also available

Accompaniments

Broiled Tomato ½ ; Braised Celery; Mashed Potatoes w / Cheddar &
Chives

DINNER

White Chili
Applesauce

Entrée Choices

☉Pork Chop with Pear and Red Cabbage
*Stuffed Peppers

Select Grill

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

Accompaniments

Red Cabbage; Grilled Yellow Squash; Baked Sweet Potato

Desserts

Cheese Cake

☉HEALTHY CHOICE

Pork Chop with Pear and Red Cabbage-1 chop & 1 cup of cabbage

239 calories; 4.3g fat; 29.9g protein; 19.7g carb; 3.7g fiber; 323mg sodium; .1.3mg iron

THURSDAY DINING SEPT. 30; OCT.28; NOV. 25 WK 2

LUNCH

Wonton Soup
Asian Slaw

Entrée Choices

Shrimp Fried Rice
☉Beef w / Cabbage Stir Fry

Select Grill

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

Sandwiches are also available

Accompaniments

Stir Fried Vegetables; Egg Roll; Rice



DINNER

Leek Soup
Garbanzo Bean Salad

Entrée Choices

*RW-C Dinner Salad w / Blueberry Muffin
Chicken Breast A’La Kiev (garlic, butter & parsley)

Select Grill

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

Accompaniments

Green Bean Casserole; Roasted Carrots w / Cardamom ;
Mashed Red Potatoes

Desserts

Pumpkin Pie

☉HEALTHY CHOICE

Beef w / Cabbage Stir Fry

280calories; 22.1g fat; 11.6g protein; 9.5g carb; 0.1g fiber; 547.3mg sodium;

FRIDAY DINING OCT 1; OCT 29; NOV. 26 WK 2

LUNCH

Chicken w / Rice Soup
Fresh Fruit

Entrée Choices

Corn Beef Brisket

☉Portobello Mushroom Pizzas w / Arugula Salad

Select Grill

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

Sandwiches are also available

Accompaniments

Fried Green Cabbage; Carrots



DINNER

Cabbage Soup
Mediterranean Pasta Salad

Entrée Choices

☉Seared Scallops w / Asparagus & Baby Carrots w / Olive-Caper Sauce

Roasted Pork Tenderloin w / Cranberry Glaze

Select Grill

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

Accompaniments

Baked Butternut Squash; Orzo w/ Parmesan & Basil
Asparagus

Desserts

Bread Pudding w / Vanilla Sauce

☉HEALTHY CHOICE

Portobello Mushroom Pizzas w / Arugula Salad-2 Portobello Pizzas ½ cup Salad

264calories; 13g fat; 14g protein; 25g carb; 7g fiber; 554mg sodium;

Seared Scallops w / Asparagus & Baby Carrots w / Olive-Caper Sauce-3 oz. Scallops & 1 cup Vegetables

WEDNESDAY DINING OCT. 6; NOV. 3 ; DEC. 1 WK 3

LUNCH

*Mediterranean White Bean Soup
Black Bean, Corn & Quinoa Salad

Entrée Choices

Baked Spaghetti with Garlic Bread

Chicken Tenders with Dijon Honey Mustard

Select Grill

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

Sandwiches are also available

Accompaniments

Broccoli; Baby Lima Beans; Sweet Potato Fries



DINNER

Split Pea Soup
Black Bean, Corn & Quinoa Salad

Entrée Choices

Beef Pot Roast (Beef, Potatoes, Celery, Carrots & Onions)

☉Shrimp w / Snow Peas & Mushrooms (over brown rice)

Select Grill

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

Accompaniments

Sautéed Snow Peas; Stir Fried Bok Choy

Desserts

Apple Crisp

☉HEALTHY CHOICE

Shrimp w / Snow Peas & Mushrooms-2 cups

302 calories; 9g fat; 31g protein; 22g carb; 4g fiber; 613mg sodium; 35 mg iron

TUESDAY DINING OCT. 5; NOV. 2; NOV. 30 WK 3

LUNCH

Beef Noodle Soup
Broccoli & Cauliflower Salad

Entrée Choices

☺ Chicken Salad made with Greek Yogurt & served on a Toasted Croissant
Bratwurst w / Sauerkraut

Select Grill

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

Sandwiches are also available

Accompaniments

Roasted Golden Beets; Sautéed Pepper Medley



DINNER

Wild Rice Soup
Tossed Salad

Entrée Choices

☺ Mediterranean Tuna
Chicken Scallopini

Select Grill

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

Accompaniments

Spaghetti Squash; Baked Artichoke; Parmesan Orzo

Desserts

Yellow Cake with Chocolate Frosting

☺ HEALTHY CHOICE

Chicken Salad made with Greek Yogurt-
211 calories; 4g fat; 32g protein; 738g carb; 12g fiber; 78mg sodium; with crossiant
Mediterranean Tuna

SATURDAY DINING OCT 2; OCT 30; NOV. 27 WK 2

LUNCH

Green Pea Soup
Tossed Salad

Entrée Choices

Eggplant Parmesan
Grilled Turkey w / Provolone on Sour Dough Bread

Select Grill

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

Sandwiches are also available

Accompaniments

4 Way Vegetable Mix (lima beans, corn, green beans & carrots)
Green Beans; Spaghetti Noodles



DINNER

French Onion Soup
Cole Slaw

Entrée Choices

Red Wine Braised Short Ribs
☺ Roasted Salmon w / Corn Relish (red pepper, shallot, thyme, cilantro & lime)

Select Grill

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

Accompaniments

Sauteed Snow Peas; Wild Rice Blend
Mashed Fall Vegetables (parsnips, rutabaga & carrots)

Desserts

Homemade Chocolate Cake w / Coffee Frosting

☺ HEALTHY CHOICE

Roasted Salmon w / Corn Relish-4 oz. Salmon with Relish
450 calories; 14g fat; 30g protein; 52g carb; 7g fiber; 530mg sodium; 20 mg iron

SUNDAY DINING OCT. 3 ; OCT 31; NOV. 28 WK 3

LUNCH

Fish Chowder
3-Bean Salad

Entrée Choices

Roasted Beef Tenderloin w / Au Jus
Shrimp Scampi
☉ **Sunday** Brunch Casserole w / Danish (potatoes, bacon, sausage, cheddar, onions)
Select Grill
Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Mustard Greens; Julienne Carrots; Baked Potato



DINNER

Black Eye Pea Soup
3-Bean Salad

Entrée Choices

Smothered Chicken & Gravy
☉ Trout Amandine
Select Grill
Your choice of chicken, fish, or chopped steak grilled to order.

Accompaniments

Yellow Squash; Stewed Tomatoes; Mashed Potatoes

Desserts

Cherry Pie

☉ HEALTHY CHOICE

Brunch Casserole w / Danish
616 calories; 48.9g fat; 33.5g protein; 49.3g carb; 4g fiber; 1141mg sodium;
Trout Amandine-1 Fillet
200 calories; 2g fat; 24g protein; 8g carb; 1g fiber; 266mg sodium

MONDAY DINING OCT. 4; NOV 1; NOV. 29 WK 3

LUNCH

Wild Mushroom Soup
Ambrosia Salad

Entrée Choices

☉ Spinach & Feta Quiche
*Patty Melt on Rye Bread

Select Grill

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

Sandwiches are also available

Accompaniments

Ratatouille; Cauliflower; Onion Rings



DINNER

Chunky Vegetable Soup
Ambrosia Salad

Entrée Choices

Baked Ham w / Orange Glaze
*☉ Herb Roasted Airline Chicken

Select Grill

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

Accompaniments

Vegetable Pie; Braised Napa Cabbage
Sweet Potato Casserole

Desserts

Boston Crème Pie

☉ HEALTHY CHOICE

Spinach & Feta Quiche— 1 slice
126 calories; 9g fat; 7g protein; 5g carb; 1 fiber; 250mg sodium;
Herb Roasted Airline Chicken
196 calories; 10g fat; 24g protein; 1g carb; 1g fiber; 132mg sodium; 1mg iron