

## RWC CULINARY SERVICE PHONE NUMBERS

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

**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**



Rappahannock  
Westminister-Canterbury

## WINTER 2021 / 2022 DINING MENU

132 LANCASTER DRIVE, IRVINGTON, VA 22480, 804-438-4000, [WWW.RW-C.ORG](http://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, \$28.50

Sunday Brunch includes wine, \$28.50

Picnic Lunch (Summer Holidays)

\$17.50 includes beer

## FOOD ALLERGIES

Dining Service Staff is well aware that many of our residents have food allergies. We ask that you let us know of any allergies to food you may have, this allows us to accommodate your needs. It is our number one desire to keep our residents safe and healthy.



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## CULINARY SERVICES RELATED PHONE NUMBERS

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**BETTY POLK #4016**, Office Manager

**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 # 4019**

**KITCHEN # 4017**



SUNDAY DINING DEC. 19; JAN. 16; FEB. 13; MAR. 13 WK 1

LUNCH

Spring Mix Salad  
Cream of Chicken & Wild Rice Soup

Entrée Choices

Prime Rib of Beef w / Au Jus  
@ Shrimp Etouffee w / Brown Rice (Healthy Choice)

Select Grill

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

Accompaniments

Green Bean Casserole  
Orange Glazed Beets  
Baked Potato



DINNER

Cole Slaw  
Carrot & Ginger Soup

Entrée Choices

Mac & Cheese w / Ham  
Swedish Meatballs

Select Grill

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

Accompaniments

Squash Medley  
Braised Cabbage  
Buttered Noodles

Desserts

Assorted Desserts

**Senate Bean Soup**-Navy beans, pork hock, celery, onions, oregano, bay leaves, fresh parsley, thickened w/ potato pearls with a chicken broth  
**Seafood & Andouille Gumbo**-Andouille sausage, crayfish tail meat, shrimp, fish, seafood stock, red and green peppers, onion, celery, diced tomatoes, okra, Cajun seasoning, Worcestershire sauce and rice  
**Scandinavian Blend** –Peas, zucchini, green beans & carrots  
**Scotch Broth**– corn beef, cabbage, onions, carrots, celery, chicken stock, scotch liquor, barley and potatoes  
**Shrimp Etouffee** - Shrimp sauteed with olive oil with diced tomatoes, cajun spice, cayenne, garlic, diced onions, green and red bell peppers with vegetable stock  
**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.  
**Wisconsin Beer Cheese Soup** - Cheddar Cheese with beer, onions, celery, chipotle powder, with a chicken broth and served with Cheddar Coins on top  
**Zuppa Toscana Soup**- Diced sweet Italian sausage, potatoes, onions, bacon, spinach garlic , thyme and heavy cream in a chicken stock.

## MENU ITEM DESCRIPTIONS

**Baked Ziti**– Ziti pasta, ground beef, mozzarella and Parmesan cheese baked in a marinara sauce

**Chicken Cacciatore**– Sautéed Chicken pieces, sliced onions, mushrooms, carrots, chopped bacon in a red wine and balsamic vinegar sauce

**Chicken Piccata**- Boneless Chicken breast pounded, lightly floured, sautéed & baked with a lemon caper sauce.

**Chimichanga**– Thinly slices of chicken, onions, taco seasoning & cheddar cheese in a tortilla shell

**Cincinnati 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 Thighs braised with red wine and sautéed with olive oil and bacon grease with added vegetables, mushrooms, onions, celery & carrots

**Flounder Francaise**– Flounder dipped in egg batter with old bay, Parmesan cheese and grilled on flat top; served with White Sauce Caper Butter

**4-Way Mixed Vegetables**-Sweet corn, carrots, cut beans and peas

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

**Melba Sauce**-A sauce made from pureed raspberries thickened with powdered sugar.

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

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

**Mulligatawny Soup**– Diced chicken, curry powder, apples, heavy cream, with a chicken broth. ” Mulligatawny” means “pepper water

**Northern Neck Chicken Salad** – Chunky Chicken Salad w/ Red and Green grapes, Pecans, Celery, Mayo, Sour Cream and fresh Parsley

**Penne Pasta Primavera** - Penne pasta is combined with boneless chicken breast, red bell peppers, fresh asparagus and zucchini in a cream sauce.

**Potato Hash**-Shredded hash brown, cream of mushroom or cream of celery soup onions, garlic with shredded cheddar cheese.

**Quinoa**– similar to regular white rice, brown rice and other grains such as wheat and barley. It is actually a seed but can be prepared like whole grains such as rice or barley.

**Rachal Sandwich**– Turkey, sauerkraut, Swiss cheese on rye bread cooked on grill until brown on both side.

**Roasted Vegetable Pasta**-Fettuccine noodles, tomatoes, squash, leeks, olives, chicken broth and olive oil.

**Russian Potato Soup**-Diced potatoes, carrots, chicken stock, bacon, Worcestershire sauce, sherry, basil, bay leafs, garlic, butter, onions and celery.

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MONDAY DINING DEC. 20; JAN. 17; FEB. 14; MAR. 14 WK 1

## LUNCH

Black Bean Salad

Minestrone Soup

### Entrée Choices

@ Char Siu Pork w / Bok Choy Slaw (Healthy Choice)  
(pork tenderloin, hoisin, honey, soy sauce)

Tuna Melt

### Select Grill

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

### Sandwiches are also available

### Accompaniments

Fried Cauliflower

Spinach

Pesto Orzo

## DINNER

Black Bean Salad

Cream of Celery Soup

### Entrée Choices

Grilled Liver & Onions

@ Eggplant Lasagna

### Select Grill

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

### Accompaniments

Cider Baked Apples

Sugar Snap Peas

O’Brien Potatoes

### Desserts

Apple Cobbler ala mode

TUESDAY DINING DEC. 21; JAN. 18; FEB. 15; MAR. 15 WK 1

LUNCH

Caesar Salad  
Broccoli & Ginger Soup

Entrée Choices

@ Greek Cauliflower Rice Bowl w / Grilled Chicken Breast (Healthy Choice)  
Chopped Steak, Onions & Gravy

Select Grill

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

Sandwiches are also available

Accompaniments

Triple Succotash (corn, lima beans, red peppers)  
Sautéed Cherry Tomatoes  
Loaded Mashed Potatoes

DINNER

Cole Slaw  
Tomato Florentine Soup

Entrée Choices

Curried Lamb Stew w / Toppings and Toasted Naan  
@ Seared Halibut w / Creamed Corn & Tomatoes (Healthy Choice)

Select Grill

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

Accompaniments

Buttered Carrots  
Sautéed Kale w/ Turmeric  
Delmonico Potatoes

Desserts

White Chocolate Cake

SATURDAY DINING JAN. 15; FEB. 12; MARCH 12 WK 4

LUNCH

Cole Slaw  
Chicken Noodle Soup

Entrée Choices

Filet of Fish Sandwich  
Penne Pasta Primavera

Select Grill

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

Sandwiches are also available

Accompaniments

Sugar Snap Peas  
Carrots  
Sweet Potato Wedge

DINNER

Caesar Salad  
Split Pea & Ham Soup

Entrée Choices

Fried Oysters w / Slaw on the side  
Roasted Leg of Lamb w / Mint Jelly

Select Grill

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

Accompaniments

Tomato & Artichoke Casserole  
Braised Swiss Chard  
Tri Color Potatoes

Desserts

Peanut Butter Pie

FRIDAY DINING JAN. 14; FEB. 11; MARCH 11 WK 4

### LUNCH

Italian White Bean Salad  
Corned Beef & Potato Soup

#### Entrée Choices

\*Baked Ziti w / Meat Sauce  
@Pork Tenderloin w / Tarragon & Sage Butter (Healthy Choice)

#### **Select Grill**

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

**Sandwiches are also available**

#### Accompaniments

Asian Style Vegetables  
Green Beans w / Water Chestnuts  
Jasmine Rice



### DINNER

Italian White Bean Salad  
Carrot & Orange Soup

#### Entrée Choices

Beef Stroganoff & Noodles  
@ Salmon w / Sesame Ginger Glaze

#### **Select Grill**

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

#### Accompaniments

Sautéed Broccolini  
Braised Celery & Peppers  
Garlic Roasted Fingerling Potatoes w / Rosemary

### Desserts

Blueberry Lemon Upside Down Cake

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

### LUNCH

Broccoli Salad  
Black Bean Soup

#### Entrée Choices

Chicken Chimichangas  
@ Tilapia w / Mustard Cornmeal Crust (Healthy Choice)

#### **Select Grill**

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

**Sandwiches are also available**

#### Accompaniments

Greens w / Garlic & Bacon  
Fried Breaded Okra  
Roasted Potato Wedge



### DINNER

Broccoli Salad  
Beef Noodle Soup

#### Entrée Choices

@ Baked Cumin Trout w / Wild Rice (Healthy Choice)  
Grilled New York Strip Steak w / Onion Straws

#### **Select Grill**

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

#### Accompaniments

Broccoli  
Roasted Onions w / Sage  
2-Cheese Potato Au gratin

### Desserts

No-Bake Pumpkin Pie

**THURSDAY DINING DEC. 23; JAN. 20; FEB. 17; MAR. 17 WK 1**

**LUNCH**

Greek Pasta Salad  
Russian Potato Soup

**Entrée Choices**

Fried Oysters  
@ Chicken ala King w / Fusilli Pasta (Healthy Choice)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Italian Flat Green Beans  
Beets  
Red Potatoes



**DINNER**

Greek Pasta Salad  
Vegetable Chowder

**Entrée Choices**

@ Mediterranean Tuna Salad Platter (Healthy Choice)  
BBQ Baby Back Ribs

***Select Grill***

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

**Accompaniments**

Roasted Brussels Sprouts w / Cranberries  
Mushroom Casserole  
Buttered Yukon Gold Potato  
Spoon Bread

**Desserts**

Pineapple Bundt Cake

**THURSDAY DINING JAN. 13; FEB. 10; MAR. 10 WK 4**

**LUNCH**

Romaine & Iceberg Salad  
Cream of Leek & Potato Soup

**Entrée Choices**

Baked Catfish  
Reuben Sandwich

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

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



**DINNER**

Potato Salad  
Chili Con Carne

**Entrée Choices**

@Country Captain Chicken (curry, cinnamon, ginger, thyme & raisins)  
Healthy Choice

@Crunchy Peanut shrimp w / Caribbean Rice (Healthy Choice)

***Select Grill***

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

**Accompaniments**

Roma Tomato Casserole  
Steamed Yellow Squash  
Caribbean Rice

**Desserts**

Peach Cobbler



**WEDNESDAY DINING JAN. 12.; FEB. 9; MAR. 9 WK 4**

**LUNCH**

Pickled Beet & Onion Salad  
Wisconsin Beer Cheese Soup

**Entrée Choices**

@Barbacoa w / Bavarian Bread (slow cooked beef, oregano, lime, cumin, garlic, onion & tomato paste) Healthy Choice  
Turkey Tetrazzini

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Ratatouille  
Sugar Snap Peas  
Cheesy Polenta



**DINNER**

Pickled Beet & Onion Salad  
Chicken & Vegetable Soup

**Entrée Choices**

Pork Chops Topped w / Strawberry & Tomato Salad w / Garlic Spinach  
Shrimp Alfredo w / Toasted Baguette

***Select Grill***

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

**Accompaniments**

Roasted Brussels Sprouts  
Linguine tossed w / Olive Oil  
Orange Braised Acorn Squash

**Desserts**

Spicy Applesauce Cake

**FRIDAY DINING DEC. 24; JAN. 21; FEB. 18; MAR. 18 WK 1**

**LUNCH**

Copper Pennies Salad  
Scotch Broth Soup

**Entrée Choices**

@Roasted Vegetable Pasta (Healthy Choice)  
Southwestern Burger Casserole (kidney beans, tomatoes, chiles, cheese and ground beef)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Green Peas  
Sweet & Sour Red Cabbage



**DINNER**

Copper Pennies Salad  
Mushroom Barley Soup

**Entrée Choices**

@ Sweet & Spicy Salmon w / Cauliflower Rice Pilaf (Healthy Choice)  
Oven Baked Ham w / Marmalade Sauce

***Select Grill***

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

**Accompaniments**

Coconut Bourbon Sweet Potatoes  
Acorn Squash  
Asparagus

**Desserts**

Bread Pudding w / Homemade Vanilla Sauce

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

**LUNCH**

Winter Fruit Salad

\*Cincinnati Chili Soup

**Entrée Choices**

All Beef Hot Dogs

@ Flounder w / Caramelized Shallots & Horseradish Sauce

(Healthy Choice)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Roasted Broccoli

Carrots

Baked Beans

**DINNER**

Winter Fruit Salad

Wild Rice Soup

**Entrée Choices**

Beef Tenderloin Pot Roast w / Veggies

@ Bourbon Glazed Airline Chicken w / Healthy Caesar Salad

***Select Grill***

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

**Accompaniments**

Roasted Root Vegetables

Steamed Zucchini

Herb Roasted Potatoes

**Desserts**

Bailey's Chocolate Cake



**TUESDAY DINING JAN. 11.; FEB. 8; MARCH 8 WK 4**

**LUNCH**

Cole Slaw

Pork & Oriental Noodle Soup

**Entrée Choices**

\*Chicken Cacciatore

Fried Trout

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Braised Baby Kale

Pearl Onions

Spoon Bread

**DINNER**

Sliced Peaches

Senate Bean Soup

**Entrée Choices**

Corned Beef Brisket

Omelet Station

***Select Grill***

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

**Accompaniments**

Cabbage

Parslied Red Potatoes

Bittered Carrots

**Desserts**

Magic Bar (coconut, nuts, butter crust & chocolate chips)



**MONDAY DINING JAN. 10; FEB. 7 ; MARCH 7 WK 4**

**LUNCH**

Ambrosia Salad

\*Mulligatawny Soup

**Entrée Choices**

@ London Broil w / Balsamic Mushrooms served w / Sauteed Leeks  
(Healthy Choice)

Baked Red Snapper

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Sauteed Leeks

Prince Edward Blend (Carrots, Green Beans & Wax Beans)

Wild Rice Pilaf



**DINNER**

Ambrosia Salad

Cream of Wild Mushrooms Soup

**Entrée Choices**

\*Chicken Piccata

\*Spanish Beef served w / Tri-Colored Couscous

***Select Grill***

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

**Accompaniments**

Cauliflower Au Gratin

Tri Colored Couscous

Sauteed French Green Beans

**Desserts**

Chocolate Éclairs

**SUNDAY DINING DEC. 26; JAN. 23; FEB. 20; WK 2**

**LUNCH**

Romaine & Iceberg Salad

Fish Chowder

**Entrée Choices**

@ Rosemary Chicken w / Sage Squash & Apples (Healthy Choice)  
Eggs Benedict Florentine

***Select Grill***

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

**Accompaniments**

Asparagus

Country Hash Potatoes



**DINNER**

Cole Slaw

Roasted Cauliflower & Leek Soup

**Entrée Choices**

@ Tuna Noodle Casserole

Carolina Style Pulled Pork w / Slaw on a Bun

***Select Grill***

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

**Accompaniments**

Sugar Snap Peas

Buttered Wheat Pasta

Cider Baked Apples

**Desserts**

Assorted Desserts

**LUNCH**

Marinated Squash Salad  
Tomato Soup

**Entrée Choices**

Southwestern Chili w / Corn Muffin  
Ultimate Gourmet Grilled Cheese  
(gruyere, cheddar, muenster & caramelized onions)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Zucchini Squash  
Carrot & Pepper Medley



**DINNER**

Marinated Squash Salad  
Mushroom and Leek Soup

**Entrée Choices**

Stuffed Green Peppers  
@ Flounder Meunier w / Mustard Vinaigrette Green Beans  
(Healthy Choice)

***Select Grill***

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

**Accompaniments**

Baked Artichoke  
Mustard Vinaigrette Green Beans  
Corn O’Brien

**Desserts**

Apple Dumpling

**LUNCH**

Romaine & Iceberg Salad  
Shrimp Bisque

**Entrée Choices**

Challah Bread French Toast w / Pepper Bacon  
Grilled Ham Steak w / Grilled Fresh Pineapple Slice

***Select Grill***

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

**Accompaniments**

\*Harvard Beets  
Broccoli Casserole  
Baked Yams



**DINNER**

Romaine & Iceberg Salad  
Cream of Asparagus Soup

**Entrée Choices**

Brunswick Stew  
Chicken Fettuccini Alfredo

***Select Grill***

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

**Accompaniments**

Zucchini  
Fried Mushrooms

**Desserts**

Assorted Deserts

**SATURDAY DINING JAN. 8; FEB. 5; MARCH 5 W 3**

**LUNCH**

Cole Slaw  
Beef Barley Soup

**Entrée Choices**

Kielbasa & Kidney Beans  
Crisp Chicken Breast Sandwich w / Ranch & Cheddar on Soft Bun

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Roasted Potato Wedge  
Steamed Parsnips  
Baked Tomatoes w / Basil



**DINNER**

Cole Slaw  
Chicken & Corn Chowder

**Entrée Choices**

@ Chili-Rubbed Flank Steak w / Black Bean Salad (Healthy Choice)

Fried Oysters

***Select Grill***

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

**Accompaniments**

California Blend (Carrots, Cauliflower & Broccoli)  
Baked Acorn Squash  
Orzo Casserole

**Desserts**

Tiramisu

**TUESDAY DINING DEC. 28; JAN. 25; FEB. 22 WK 2**

**LUNCH**

Cucumber w / Sour Cream  
7 Bean Soup

**Entrée Choices**

@ Beef & Spinach Lo Mein (Healthy Choice)

Rachel Sandwich

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Broccoli  
Spiced Beets



**DINNER**

Cole Slaw  
Black-Eyed Pea Soup

**Entrée Choices**

Fried Chicken w / Honey

Pork Chops w / Gravy

***Select Grill***

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

**Accompaniments**

Collard Greens  
Stewed Tomatoes  
Sweet Potato Carrot Crisp

**Desserts**

Salt Caramel Kentucky Butter Cake

**WEDNESDAY DINING DEC. 29; JAN. 26; FEB. 23 WK 2**

**LUNCH**

Corn & Tomato Salad  
Creamy Curried Sweet Potato Soup

**Entrée Choices**

@ Jerk Pork Tenderloin (Healthy Choice)  
@ Salmon cakes (Healthy Choice)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Spaghetti Squash  
Spinach Souffle  
Cashew Rice Pilaf



**DINNER**

Corn & Tomato Salad  
White Chili

**Entrée Choices**

@ Spanish Shrimp & Confetti Quinoa (Healthy Choice)  
Braised Short Rib of Beef

***Select Grill***

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

**Accompaniments**

French Green Bean Almandine  
Roasted Paprika Cauliflower Tossed w / Olive Oil  
Baked Potato

**Desserts**

Cherry Bar

**FRIDAY DINING JAN. 7; FEB. 4; MARCH 4 WK 3**

**LUNCH**

Grape Salad  
New England Fish Chowder

**Entrée Choices**

Shepherd's Pie  
@ Turkey & Balsamic Onion Quesadilla (Healthy Choice)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Sauteed Baby Spinach



**DINNER**

Grapefruit Sections  
Lima Bean Soup

**Entrée Choices**

Braised Pork Shank w / Corn Muffin  
@ Swordfish w / Olives, Capers & Tomatoes over Polenta (Healthy Choice)

***Select Grill***

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

**Accompaniments**

Asparagus  
Sauteed Mushrooms  
Bake Sweet Potato, Pear & Goat Cheese

**Desserts**

Pumpkin Spice Cake

## THURSDAY DINING JAN. 6; FEB. 3; MARCH 3

WK 3

### LUNCH

Spring Mix Salad  
Cilantro Lime Mex Chili

### Entrée Choices

@Kung Pao Cauliflower (soy sauce, ginger, chili sauce, sesame oil and cilantro) (Healthy Choice)

Salisbury Steak w / Mushroom Gravy

### **Select Grill**

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

**Sandwiches are also available**

### Accompaniments

Wax Beans w / Pimento  
Broccoli  
Cottage Potatoes

### DINNER

Spring Mix Salad  
Cream Base Oyster Stew

### Entrée Choices

Chicken Amandine (onion, wild rice, French green beans and almonds)

@Cowboy Steak w / Maple Collard Greens (Healthy Choice)

### **Select Grill**

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

### Accompaniments

Corn & Squash Pudding  
Maple Collard Greens  
Roasted Potatoes

### Desserts

Homemade Lemon Pound Cake w / Hot Lemon



## THURSDAY DINING DEC 30; JAN. 27; FEB. 24; WK 2

### LUNCH

Pina Colada Carrot Salad  
Beef Vegetable Soup

### Entrée Choices

@ Braised Moroccan Chicken w / White Beans (Healthy Choice)  
Ham & Swiss Quiche

### **Select Grill**

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

**Sandwiches are also available**

### Accompaniments

Sicilian Brussels Sprouts  
(pancetta, raisins, pine nuts, capers, lemon zest)  
Bermuda Blend (broccoli, carrots, green beans & peppers)  
Brown Rice

### DINNER

Romaine & Iceberg Salad  
Parsnip Chowder

### Entrée Choices

Roasted Tom Turkey, Dressing & Giblet Gravy

Fried Catfish w / Hushpuppies

### **Select Grill**

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

### Accompaniments

Ratatouille  
Broccoli  
Mashed Potatoes w / Sour Cream & Chives

### Desserts

Fruit of Harvest Pie



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

**LUNCH**

Broccoli & Cauliflower Salad  
Turkey Noodle Soup

**Entrée Choices**

Ground Beef Taco Salad  
Basil & Feta Cheese Omelet

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Green Peas  
Roasted Butternut Squash



**DINNER**

Broccoli & Cauliflower Salad  
French Onion Soup

**Entrée Choices**

@ Seared Scallops w / Veggie Pasta (Healthy Choice)  
(white wine, butter, onions asparagus)

Honey Mustard Airline Chicken

***Select Grill***

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

**Accompaniments**

Baked Fennel w / Parmesan  
Sauteed Spinach  
California Quinoa

**Desserts**

Southern Sweet Potato Cobbler

**WEDNESDAY DINING JAN. 5; FEB. 2; MARCH 2 WK 3**

**LUNCH**

Caesar Salad  
Cream of Artichoke Soup

**Entrée Choices**

Chicken Livers & Onions

@Black Beans & Rice Enchiladas (Healthy Choice)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Green Peas  
Fried Apples  
Barley



**DINNER**

Caesar Salad  
Chicken Noodle Soup

**Entrée Choices**

Lasagna Bolognese w / Garlic Toast

@Grilled Tuna Steak w / Sesame Ginger Sauce (Healthy Choice)

***Select Grill***

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

**Accompaniments**

Scandinavian Blend (Peas, Zucchini, Green Beans, Carrots & Onion  
Sauteed Red Cabbage  
Couscous

**Desserts**

Fruit cocktail Bread Pudding w / Pineapple Sauce



**TUESDAY DINING    JAN. 4; FEB. 1; MARCH 1    WK 3**

**LUNCH**

Cucumber & Tomato Salad  
Potato Chowder

**Entrée Choices**

@Omelet w / Turmeric, Tomatoes & Onions (Healthy Choice)  
Meatball Sub Sandwich

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Sautéed Kale  
Roasted Honey Sweet Potatoes  
Buttered Carrots



**DINNER**

Cucumber & Tomato Salad  
Lentil Soup

**Entrée Choices**

@Chicken Quinoa Bowl w / Broccoli & Tomatoes (Healthy Choice)  
Slow Cooked Beef Brisket w / Gravy

***Select Grill***

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

**Accompaniments**

Quinoa  
Green Beans w / Caramelized Onions  
Parsnips & Rutabaga

**Desserts**

Pecan Pie Bars

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

**LUNCH**

Cole Slaw  
\*Zuppa Toscana

**Entrée Choices**

Buffalo Burger  
Chicken, Spinach & Artichoke Bake

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Sauteed Parslied Yellow Squash  
4-Way Vegetable Blend  
Steak Fries



**DINNER**

Cole Slaw  
New England Clam Chowder

**Entrée Choices**

@ Maple Rosemary Pork Loin (Healthy Choice)  
\*Flounder Francaise

***Select Grill***

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

**Accompaniments**

Whole Green Beans w / Balsamic Vinegar  
\*Harvard Beets  
Mashed Yams w / Green Onions & Sage

**Desserts**

Turtle Cheesecake

**SUNDAY DINING JAN. 2; JAN. 30; FEB. 27**

**WK 3**

**LUNCH**

Romaine & Iceberg Salad  
Seafood & Andouille Gumbo

**Entrée Choices**

@ Roasted New York Sirloin w / Whole Button Mushrooms (Healthy Choice)

Pancake Breakfast w / Choice of Eggs

***Select Grill***

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

**Accompaniments**

Waxed Beans  
Buttered Carrots  
Pan-Fried Hash Brown



**DINNER**

Cole Slaw  
Cream of Tomato Soup

**Entrée Choices**

Gourmet Pimiento Grilled Cheese Sandwich w / Thin Sliced Country Ham

@Baked Trout w / Lemon Butter (Healthy Choice)

***Select Grill***

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

**Accompaniments**

Green Cabbage  
Italian Blend Vegetables( Italian Green Beans & Onions)  
French Fries

**Desserts**

Assorted Desserts

**MONDAY DINING JAN. 3 ; JAN 31; FEB. 28**

**WK 3**

**LUNCH**

3-Bean Salad  
Vegetable Soup

**Entrée Choices**

Baked Potato w / Toppings

Grilled Pastrami on Wheat Bread w / Swiss Cheese, Sauerkraut & Onions

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Okra & Tomatoes  
Sugar Snap Peas



**DINNER**

Chunky Apple Sauce  
Cream of Spinach Soup

**Entrée Choices**

@Shrimp w / Caper Sauce (Healthy Choice)

Coffee Rubbed Roast Pork Loin w / Marmalade Glaze

***Select Grill***

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

**Accompaniments**

Broccoli w / Pine Nuts  
Pepper Medley  
Wheat Noodles tossed w / Olive Oil  
Spoon Bread

**Desserts**

Double Layered Chocolate Cake