



132 LANCASTER DRIVE, IRVINGTON, VA. 22480

804-438-4000

WWW.RW-C.ORG

*Rappahannock
Westminister-Canterbury
Irvington, Virginia*

Spring, 2022

Dining Menu



Rappahannock Westminster-Canterbury
Sunday Dining Mar. 20, Apr. 17, May 15; Jun. 12

Lunch

Seafood Cioppino Soup
Caesar Salad

Entrée Choices

Shrimp Alfredo w / Linguini
Pancake Breakfast w / Eggs, Bacon & Sausage
* Croissant Strata w / Spinach & Feta Cheese

Select Grill

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

Accompaniments

Roasted Brussels Sprouts, Roma Tomato Casserole
Hash Brown Potatoes

Dinner

Seafood Cioppino Soup
Caesar Salad

Entrée Choices

Chili Chicken Casserole w/ Corn Muffin
Grilled Hot Dog w/Fixings and Cole Slaw

Select Grill

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

Accompaniments

Steamed Yellow Squash
Baked Beans

Desserts

Chocolate Ice-Box Pie

WK 1

**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



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Rappahannock Westminister-Canterbury
Monday Dining Mar. 21, Apr. 18; May 16; Jun. 13

Lunch

Zucchini & Leek Soup
Romaine & Iceberg Tossed Salad

Entrée Choices

Western Omelet w / Hash Brown Potatoes & Blueberry Scone
Italian Sausage w / Peppers & Onions (bun & spicy brown mustard)

Select Grill

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

Sandwiches are also available

Accompaniments

Wax Beans, Steamed Broccoli
Pesto Couscous

Dinner (Italian Meal)

Zucchini & Leek Soup
Romaine & Iceberg Tossed Salad
Mixed Olives Salad

Entrée Choices

Spaghetti w/ Bolognese Sauce
Primavera Cheese Ravioli Lasagna
Flatbread Cheese Pizza

Select Grill

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

Accompaniments

Ratatouille
Olive Oil Roasted Cauliflower
Italian Garlic Bread
Cannoli's

Desserts

Caramel Vanilla Crunch Cake

Rappahannock Westminster-Canterbury

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

Lunch

White Bean & Fennel Soup
Cole Slaw

Entrée Choices

Baked Panko Crusted Pork Chop w / Corn & Black Bean Salsa
*Flounder w / Lemon Butter & Chives
Exotic Mushroom Pasta Bake

Select Grill

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

Sandwiches are also available

Accompaniments

Lima Bean; Roasted Artichokes; Rice Pliaf

Dinner

White Bean & Fennel Soup
Cole Slaw

Entrée Choices

Corned Beef
*Shrimp Salad Platter (in a lettuce cup w / fresh fruit)

Select Grill

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

Accompaniments

Cabbage
Baby Carrots
Parslied Red Potatoes

Desserts

No Bake Coconut Cream Lush Dessert

WK 1

Lunch

Turkey Tortellini Soup
Dill Cucumber Salad

Entrée Choices

*Oyster Caesar Salad
Sausage & White Bean Casserole

Select Grill

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

Sandwiches are also available

Accompaniments

Green Peas; Sauteed Balsamic Pearl Onions
Baked Potato Wedge

Dinner

Turkey Tortellini Soup
Dill Cucumber Salad

Entrée Choices

*Scallop & Snow Peas Stir Fry
*Hoisin Glazed Turkey Meatloaf

Select Grill

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

Accompaniments

Mixed Oriental Style Vegetables, Sesame Green Beans
Jasmine Rice
Egg Roll

Desserts

Peach Dump Cake

Rappahannock Westminster-Canterbury

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

Lunch

Spicy Cabbage Soup (garnish w / Greek yogurt, Avocado & Queso Freso)

Spring Mix Tossed Salad

Entrée Choices

Hamburger w / BBQ Onions & Cheddar Cheese on Potato Bun

*Vegetarian Quiche

Ham Steak w / Grilled Pineapple Slice

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

Spicy Cabbage Soup (garnish w / Greek yogurt, Avocado & Queso Freso)

Spring Mix Tossed Salad

Entrée Choices

Fried Chicken

Kielbasa w / Kraut & Apples

Select Grill

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

Accompaniments

Sauteed Spinach, Steamed Yellow Squash , Mac & Cheese

Honey Biscuit

Desserts

Strawberry Delight Pie

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

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.

Chimichanga-Ground Chicken, onions, taco seasoning cheddar cheese rolled in a flour tortilla shell then deep fried and served w/ salsa, sour cream and olives.

Flounder-Meuniere Almondine- Flounder dredge in flour, dip in Eggwash and coated with Panko Crumbs sauteed on for 5 minutes and serve with a Wine and Butter Sauce with a seafood base.

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

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

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.

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.

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

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. 25; Apr. 22; May 20; Jun. 17

Lunch

Coconut Curry Vegetable Soup

Fresh Berries

Entrée Choices

*Vegetarian Pizza on Cauliflower Crust

Calves Liver w / Onions & Bacon

Select Grill

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

Sandwiches are also available

Accompaniments

Braised Kale, Shoe Peg Corn

Spoon Bread

Dinner

Coconut Curry Vegetable Soup

Fresh Berries

Entrée Choices

*Roasted Veal Round w / Madeira Mushrooms

Seafood Au Gratin

Select Grill

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

Accompaniments

Parmesan Pesto Tomato

Steamed Broccoli

Mushroom Parmesan Orzo

Desserts

French Breeze Lemon Lasagna

Rappahannock Westminster-Canterbury
Saturday Dining Mar.26; Apr. 23; May 21; Jun. 18

Lunch

Russian Mushrooms & Potato Soup
Tossed Iceberg Salad

Entrée Choices

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

Russian Mushrooms & Potato Soup
Tossed Iceberg Salad

Entrée Choices

Lamb Roast w/ Mint Jelly
*Grilled Chicken Breast (topped w / Spinach & Artichoke, garnish w /
cherry tomatoes & crusty Baguette)

Select Grill

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

Accompaniments

Asparagus; Carrots
Rosemary Roasted New Potatoes

Desserts

Blueberry Bread Pudding

WK 1

Rappahannock Westminster-Canterbury
Saturday Dining April 16; May 14; Jun. 11

Lunch

Chicken, Spinach & Pesto Soup
Edamame Salad Fresca w / Garbanzo Beans

Entrée Choices

Spinach & Feta Quiche
Fish & Chips

Select Grill

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

Sandwiches are also available

Accompaniments

Red Cabbage, Italian Green Beans

Dinner

Chicken, Spinach & Pesto Soup
Edamame Salad Fresca w / Garbanzo Beans

Entrée Choices

Wild Mushroom Ravioli w / Sherry & Exotic Mushroom Sauce
Grilled Rib-Eye Steak w / Fig & Onion Chutney

Select Grill

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

Accompaniments

Cauliflower Polonaise *
Swiss Chard
Roasted Lemon Potatoes

Croissant

Desserts

Old Fashion Bread Pudding w / Caramel Sauce

WK 4

Rappahannock Westminster-Canterbury
Friday Dining April 15; May 13; Jun. 10

Lunch

Leek Soup w / Brie Toast
Tossed Salad w / Romaine

Entrée Choices

Original Kentucky Hot Brown
Pork Carnitas w / Kohlrabi Sprout slaw w / Picked Red Onions

Select Grill

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

Sandwiches are also available

Accompaniments

Ratatouille, Broccoli

Dinner

Leek Soup w / Brie Toast
Tossed Salad w / Romaine Lettuce

Entrée Choices

Peppercorn Tenderloin Medallions w / Red Wine & Cognac Reduction
Fried Oysters w / Caroline Slaw

Select Grill

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

Accompaniments

Asparagus, Baked Tomato Half w / Pesto
Baked Potato

Chives & Cheddar Dinner Roll

Desserts

Blueberry Cobbler

WK 4

Rappahannock Westminster-Canterbury
Sunday Dining Mar. 27; Apr. 24; May 22

Lunch

French Spring Soup(Asparagus, Leeks, Carrots)
Romaine & iceberg Tossed Salad

Entrée Choices

Challah Bread French Toast w/Strawberries and Pepper Bacon*
Chef Carved Roasted New York Striploin w / Horseradish Chantilly

Select Grill

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

Accompaniments

Sautéed Mushrooms, Yellow Squash & Onions,
Yukon Gold Potatoes

Dinner

French Spring Soup (Asparagus, Leeks, Carrots)
Romaine & iceberg Tossed Salad

Entrée Choices

Chef Salad Platter (with Deli Ham & Turkey, Swiss & Cheddar Cheese,
& Boiled Eggs)
Buffalo Burger on a Brioche Bun

Select Grill

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

Accompaniments

Roasted Artichokes, Buttered Corn Kernels
Roasted Paprika Potatoes

Desserts

Cheese Cake w / Fresh Strawberry Topping

WK 2

Rappahannock Westminster-Canterbury
Monday Dining March 28; Apr. 25; May 23

Lunch

Greek Tomato w / Orzo Soup
Spring Mix Salad

Entrée Choices

Baked Ziti w/ Garlic Toast *
*Curry Chicken Lettuce Wrap

Select Grill

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

Sandwiches are also available

Accompaniments

Pepper Medley; Roasted Dill Potatoes
Sautéed Snow Peas

Dinner

Greek Tomato w / Orzo Soup
Spring Mix Salad

Entrée Choices

Bangers & Mash
Jumbo Bang Bang Shrimp (16/ 20 shrimp, sweet chili sauce, green onion)
Asian Baked Chicken Wings

Select Grill

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

Accompaniments

Green Peas
Steamed Buttered Beets
Brown Rice

Desserts

Tiramisu

WK 2

Rappahannock Westminster-Canterbury
Thursday Dining April 14; May 12; Jun. 9

Lunch

Stuffed Pepper Soup
Sweet Pea & Corn Salad

Entrée Choices

RW-C Dinner Salad
Orange Glazed Chicken Thigh
Pork Schnitzel w / Spicy Mustard Sauce

Select Grill

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

Sandwiches are also available

Accompaniments

Sautéed Kale
Tri-Colored Hash Potatoes

Dinner

Stuffed Pepper Soup
Sweet Pea & Corn Salad

Entrée Choices

Chicken Bourguignon
Chesapeake Crabmeat Omelet

Select Grill

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

Accompaniments

Roasted Zucchini
Fried Apples
Cashew & Raisin Rice Pilaf

Desserts

Homemade Chocolate Cake

WK 4

Rappahannock Westminster-Canterbury
Wednesday Dining April 13; May 11; Jun. 8

Lunch

Creamy Asparagus & Potato Soup
Cole Slaw

Entrée Choices

Farfalle w / Lamb Ragu, Ricotta & Mint
Shrimp Burger w / Sweet & Spicy Tartar & Battered Fried Avocado

Select Grill

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

Accompaniments

Broccolini
Roasted Fennel

Dinner

Creamy Asparagus & Potato Soup
Cole Slaw

Entrée Choices

Chef Special
Braised Country Ribs w / Tomato & Peach Chutney

Select Grill

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

Accompaniments

Sugar Snap Peas, Buttered Beets
Roasted Sweet Potato Wedges

Dinner Roll

Desserts

Mango Crumb Bars

WK 4

Rappahannock Westminster-Canterbury
Tuesday Dining March 29; Apr. 26 ; May 24

Lunch

Sweet Potato Chili
Cole Slaw

Entrée Choices

Grilled Chicken w / Tortellini Alfredo
*Moroccan Lamb Meatballs over Couscous
Clam Fritter w / Remoulade Sauce

Select Grill

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

Accompaniments

Oven Roasted Eggplant & Vidalia's; Carrots

Dinner

Sweet Potato Chili
Cole Slaw

Entrée Choices

Crawfish & Langoustines PO Boy w / Creole Tartar & Cole Slaw
Cobb Salad Platter (Bacon, Chicken, Blue Cheese, Egg, Avocado and Tomato)

Select Grill

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

Accompaniments

Spinach Casserole
Steak Fries
Blueberry Muffin

Desserts

Double Peach Pound Cake

WK 2

Rappahannock Westminster-Canterbury
Wednesday Dining March 30, April 27, May 25

Lunch

Pasta Fagioli Soup
3-Bean Salad

Entrée Choices

Vegetable Frittata
*Grilled Pork Tenderloin w / Spicy Applesauce

Select Grill

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

Sandwiches are also available

Accompaniments

Sauteed Sugar Snap Peas
Corn Cobette
Roasted Raspberry Glazed Brussel Sprouts w / Craisins

Dinner

Pasta Fagioli Soup
3-Bean Salad

Entrée Choices

Beef Ragu over Noodles
Turkey Cutlet w / Cranberry Chutney
“Chef Special”

Select Grill

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

Accompaniments

Glazed Butternut Squash
Haricots Verts
Buttered Noodles
Croissant

Desserts

Homemade Coconut Cake

WK 2

Rappahannock Westminster-Canterbury
Tuesday Dining April 12; May 10; Jun. 7

Lunch

Turkey Chili
Tossed Salad w / Iceberg Lettuce

Entrée Choices

Slow Cooked Fresh Ham Shank w / Fresh Pineapple Salas
Linguine w / White Clam Sauce
Grilled Rosemary Mustard Chicken

Select Grill

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

Sandwiches are also available

Accompaniments

Spicy Red Cabbage; Sauteed Brussel Sprouts; Roasted Yukon Potato

Dinner

Turkey Chili
Tossed Salad w / Iceberg Lettuce

Entrée Choices

Classic French Dip (Thin Sliced Beef in Sub roll w / Au Jus)
*Greek Dinner Salad
w / Calamata Olives, Cucumbers, Red Onions, Cherry Tomatoes, Feta
Cheese, Croutons Greek Vinaigrette

Select Grill

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

Accompaniments

Grilled Yellow Squash
Sauteed Spinach

Desserts

No Bake Pineapple Cream Pie

WK 4

Rappahannock Westminster-Canterbury
Monday Dining April 11; May 9; Jun.6

Lunch

Quinoa Vegetable Soup
3-Bean Salad

Entrée Choices

Chicken Breast w / Mushrooms & Smoked Gouda
*Sweet Potato Shepherd's Pie

Select Grill

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

Sandwiches are also available

Accompaniments

Pacific Blend (Sugar Snap, Carrot, Broccoli)

Dinner

Quinoa Vegetable Soup
3-Bean Salad

Entrée Choices

*Seared Scallops w/ Jammy Tomatoes
Half Roasted Cornish Game Hen w / Blueberry Stuffing

Select Grill

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

Accompaniments

Steamed Baby Carrots, Spinach & Artichoke Casserole
Fluffy White Rice

Desserts

Lemon Berry Crème Cake

WK 4

Rappahannock Westminster-Canterbury
Thursday Dining March 31; April 28; May 26

Lunch

Cuban Black Bean Soup
Fresh Fruit Mix

Entrée Choices

Chicken Champenoise w / Wild Mushrooms (Champagne or sparkling wine, shallots & Heavy Cream Sauce)

*Vegetable Stir-Fry

Seafood Quiche w / Blueberry Muffin

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

Cuban Black Bean Soup
Fresh Fruit Mix

Entrée Choices

Southern Meatloaf w/ Gravy

Panko Crusted Fried Catfish w / Lemon Caper Sauce & Hushpuppies

Select Grill

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

Accompaniments

Sugar Snaps Peas, California Blend (Broccoli & Cauliflower florets, Carrots)

Mashed Potato

Buttermilk Biscuit

Desserts

Homemade Lemon Bars

WK 2

Rappahannock Westminster-Canterbury
Friday Dining April 1; April 29; May 27

Lunch

Classic French Onion Soup
Edamame Quinoa Salad

Entrée Choices

*Broiled Marinated Ginger Flank Steak w / Sake Vegetables
Butternut Squash Ravioli w / Sage & Hazelnut Brown Butter Sauce

Select Grill

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

Sandwiches are also available

Accompaniments

Broccolini
Scalloped Potatoes

Dinner

Classic French Onion Soup
Edamame Quinoa Salad

Entrée Choices

Apple Stuffed Pork Loin w / Apple Butter Glaze
Crab Stuffed Shrimp

Select Grill

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

Accompaniments

Roasted Zucchini & Onions, Baby Carrots, Parslied New Potatoes

Fresh Baked Yeast Roll

Desserts

Spring Strawberry Poke Cake

WK 2

Rappahannock Westminster-Canterbury
Sunday Dining April 10; May 8; Jun. 5

Lunch

Golden Gouda Mushroom Soup
Spring Mix Salad

Entrée Choices

Egg Benedict w / Smoke Salmon & Tarragon Sauce & Pepper Bacon
Roasted Chicken Thigh w / Spiced Apple Chutney

Select Grill

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

Accompaniments

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

Dinner

Golden Gouda Mushroom Soup
Spring Mix Salad

Entrée Choices

Spinach 3-Cheese ravioli w / Pesto Sauce
Tempura Shrimp w / Sweet & Sour Sauce

Select Grill

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

Accompaniments

Broccoli, Succotash
Side Winder Fries

Desserts

Key Lime Pie

WK 4

Rappahannock Westminster-Canterbury
Saturday Dining April 9; May 7; Jun. 4

Lunch

Sun-Dried Tomato Tortellini Soup
Fruit Mix

Entrée Choices

Lemon Chicken Stir-Fry
*Baked Cod w / Curry Sauce (Toasted Coconut & Cashews)

Select Grill

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

Accompaniments

Oriental Blend; Boy Choy; White Rice

Dinner

Sun-Dried Tomato Tortellini Soup
Fruit Mix

Entrée Choices

Baked Sea Scallop au Gratin
Roasted Tenderloin w / Sauce Chasseur (Demi Glace w / white wine,
mushrooms, shallots & parsley)

Select Grill

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

Accompaniments

Asparagus, Harvard Beets*
Roasted Tri-Colored Potatoes

Desserts

Peach Buckle

WK 3

Rappahannock Westminster-Canterbury
Saturday Dining April 2; April 30 ; May 28

Lunch

White Bean Fennel Soup
Romaine & Iceberg Tossed Salad

Entrée Choices

Chicken Florentine Salad w / Cranberry Muffin
*Baked Trout w / Lemon Slices

Select Grill

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

Accompaniments

Cauliflower Au gratin; Buttered Green Peas; Anna Potatoes

Dinner

White Bean Fennel Soup
Romaine & Iceberg Tossed Salad

Entrée Choices

Red Wine Braised Short Ribs
*Glazed Salmon w / Onions Quinoa Citrus Salad

Select Grill

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

Accompaniments

French Green Bean Almandine, Braised Pearl Onions & Mushrooms
Brown Rice Pilaf

Desserts

Warm Brownie Chantilly

WK 2

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

Lunch

Curried Carrot w / Tarragon Soup
Spring Mix Salad

Entrée Choices

*Flounder Meuniere Almondine
Prime Rib of Beef w / Red Wine Caramelized Onions
Breakfast Casserole

Select Grill

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

Accompaniments

Crispy Breaded Mushrooms; Orange Glazed Beets
Cheesy Hash Brown Bake

Dinner

Curried Carrot w / Tarragon Soup
Spring Mix Salad

Entrée Choices

*Grilled Chicken Salad w / Spinach, Cherry Tomatoes & Feta Greek
Vinaigrette
Ham & Broccoli Macaroni Casserole

Select Grill

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

Accompaniments

Sugar Snaps Peas, Squash Medley
Rice Pilaf

Desserts

Lemon Lime Bundt Cake

WK 3

Rappahannock Westminster-Canterbury
Friday Dining April 8; May 6; Jun. 3

Lunch

Vegan Minestrone Soup
Cole Slaw

Entrée Choices

Northern Neck Chicken & Fruit Salad Platter
Tuna Noodle Casserole

Select Grill

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

Sandwiches are also available

Accompaniments

Buttered shoe Peg Corn, Capri Blend (Carrot, French Bean, Yellow Squash, Zucchini)
Lemon Poppy Seed Muffin

Dinner

Vegan Minestrone Soup
Cole Slaw

Entrée Choices

Fried Shrimp w / Remoulade Sauce
Chefs Special

Select Grill

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

Accompaniments

Spinach & Mushroom Casserole; Green Bean Almondine
Mashed Sweet Potato Bake
Croissant

Desserts

Orange Pound Cake

WK 3

Rappahannock Westminster-Canterbury
Thursday Dining April 7; May 5; June 2

Lunch

Lemon Orzo & Mini Meatball Soup
Grapefruit Salad

Entrée Choices

Fish Cakes w/ Tartar Sauce
*Tuscan Pork Pasta
Chicken Thigh Goulash

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

Lemon Orzo & Mini Meatball Soup
Grapefruit Salad

Entrée Choices

Grilled Caprese Chicken (w / fresh mozzarella, tomatoes, Balsamic syrup)
Slow Cooked Beef Brisket w/ Merlot Sauce

Select Grill

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

Accompaniments

Braised Red Cabbage, Yukon Gold Mashed Potatoes,
Roasted Mushrooms

Desserts

Lemon Raspberry Bread Pudding w / Lemon Sauce

WK 3

Rappahannock Westminster-Canterbury
Monday Dining April; 4 ; May 2; May 30

Lunch

Fish Chowder
Caesar Salad

Entrée Choices

Broccoli / Brie' Quiche
*Shrimp Caesar Salad

Select Grill

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

Sandwiches are also available

Accompaniments

Spaghetti Squash, Grilled Zucchini Plank
Blueberry Muffin

Dinner

Fish Chowder
Caesar Salad

Entrée Choices

Avocado-Ranch Pork Chop
Spinach & Feta Cheese Omelet

Select Grill

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

Accompaniments

Fried Apples, Buttered Asparagus
Lyonnaise Potato *

Desserts

Cookies Creme Pie

WK 3

Rappahannock Westminster-Canterbury
Tuesday Dining April 5; May 3; May 31; June 1

Lunch ORIENTAL DAY

Clam, Ginger & Noodle Soup
Pickled Beet Salad

Entrée Choices

Thai Pineapple Chicken
Stir-Fry Beef in Oyster Sauce
Shrimp Pasta w / Miso Ginger Sauce

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) ; Olive Oil tossed Linguini Pasta

Dinner

Clam, Ginger & Noodle Soup
Pickled Beet Salad

Entrée Choices

Meat Loaf w/ Gravy
*BBQ Chicken

Select Grill

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

Accompaniments

Stewed Plum Tomatoes
Green Peas
Mac & Cheese

Desserts

Fresh Raspberry Crisp

WK 3

Rappahannock Westminster-Canterbury
Wednesday Dining April 6; May 4; June 1

Lunch

Beef, Barley & Lentil Soup
Tossed Salad

Entrée Choices

French Quiche Lorraine
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

Beef, Barley & Lentil Soup
Tossed Salad

Entrée Choices

Baked Flounder w / Artichokes & Olives
Veal Parmesan

Select Grill

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

Accompaniments

Green Beans, Buttered Cauliflower,
Buttered Linguini Pasta

Garlic Bread

Desserts

Homemade Peanut Butter Bar

WK 3