

*Rappahannock  
Westminster-Canterbury  
Irvington, Virginia*

*Summer, 2022*

# *Dining Menu*



**Rappahannock Westminster-Canterbury**  
**Sunday Dining** June 19 ; July 17; Aug. 14; Sept 11

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**Lunch**

Watermelon Soup  
Pickled Beet 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

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**Dinner**

Watermelon Soup  
Pickled Beet Salad

**Entrée Choices**

Chicken Bolognese over Rigatoni w / Cheese Bread  
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**

Crème Brule Cheese Cake

WK 1

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

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**Lunch**

Beef Vegetable Soup  
3-Bean Salad

**Entrée Choices**

\*Caribbean Chicken Salad  
Grilled Ham Steak w / Honey Mustard Sauce

***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

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**Dinner**

Beef Vegetable Soup  
3-Bean Salad

**Entrée Choices**

Green Goddess Shrimp Salad w / Grilled Romaine & Pearl Couscous  
Meatloaf w / Gravy

***Select Grill***

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

**Accompaniments**

Wax Beans, Green Peas  
Homemade Mashed Potatoes  
Cheddar Filled Herb Biscuit

**Desserts**

Peanut Butter Pie

**Rappahannock Westminster-Canterbury**  
**Tuesday Dining** June 21, July 19; Aug. 16; Sept. 13

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**Lunch**

Chicken w / Orzo Soup  
Summer Pasta Salad

**Entrée Choices**

\*Seared Sea Bass w / Corn & Zucchini Sauté  
Eggplant Parmesan Stack  
Thai Beef Salad

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Fried Green Tomato, Sauteed Snow Peas; Parmesan Potato Wedges

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**Dinner**

Chicken w / Orzo Soup  
Summer Pasta Salad

**Entrée Choices**

\*Summer Vegetable Quiche  
Honey Glazed Pork Tenderloin w / Fresh Fried Apples

***Select Grill***

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

**Accompaniments**

Italian Green Beans  
Oven Roasted Potatoes

Poppy Seed Roll

**Desserts**

Lemon Velvet Cake

**Menu Item Descriptions**

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

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

**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

**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

**Rappahannock Westminster-Canterbury**  
**Wednesday Dining** June 22; July 20; Aug. 17; Sept 14

**Lunch**

Kale Soup  
Pina-Colada Fluff Salad

**Entrée Choices**

\*Vegetable Fettuccine Primavera Bowl w / Garlic Bread  
Baked Chicken w / White BBQ Sauce

***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**

Kale Soup  
Pina-Colada Fluff Salad

**Entrée Choices**

Baked Cod w / Bacon Crumbles & Balsamic Tomatoes  
Grilled Chicken Caesar Salad  
Grilled Beef Hot Dog w / Broccoli Slaw on a Potato Roll

***Select Grill***

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

**Accompaniments**

Mustard Greens  
Roasted Cauliflower

Lemon Scone

**Desserts**

Millionaire Pie

**Rappahannock Westminster-Canterbury**  
**Thursday June 23; July 21; Aug. 18; Sept 15**

**Lunch**

Chilled Peach Soup  
Asian Style Slaw

**Entrée Choices**

Caritas Huevos Rancheros w / Sunny Side Egg  
\*Turkey Frank w / Sauerkraut w / Roll  
Shrimp Quiche

***Select Grill***

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

**Accompaniments**

Sugar Snap Peas  
Hash Browned Potatoes

**Dinner**

Chilled Peach Soup  
Asian Style Slaw

**(Asian Dinner) Entrée Choices**

Chinese Spareribs  
Orange Chicken

***Select Grill***

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

**Accompaniments**

Stir-Fry Vegetables  
Asian Brussel Sprouts  
Ramen Noodles  
Egg Roll (1)

**Desserts**

Peach Pecan Crisp w / Maple Cream

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 Flynn- #4019**

**\*Menu Item Descriptions**

**Caribbean Chicken Salad**-Chicken breast grilled marinated in teriyaki sauce served on mixed green salad with pineapple chunks, onions, jalapeno, tomatoes topped with tortilla chips, Dressing is mustard, honey sugar, oil, vinegar and lime juice

**Chicken Bolognese**– Chicken breast cut in chunks with onion, garlic crushed tomatoes, mushrooms and Italian seasoning served over rotini pasta

**Chicken Cordon Bleu** – Chicken breast pounded and coated w/ Panko Crumbs, deep fried topped w/ shaved Ham Swiss cheese Served w/ a Spicy Tarragon Mustard Sauce

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

**Cioppino Sauce** - Fresh tomatoes diced in a wine sauce, served over cod  
**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

**Green Goddess Shrimp**- Grilled Romaine lettuce charred and chopped; served with homemade Green Goddess Dressing and Pearl Couscous-Sauteed shrimp with pearl couscous, grilled romaine

**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 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

**Mushroom Duxelle Casserole**– Button mushrooms w/ onions, heavy cream, & cream cheese, topped w/ French fried onions and baked

**Continue on next page**

**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 24; July 22; Aug. 19; Sept. 16**

**Lunch**

Summer Squash Soup  
Black Bean & Corn Salad

**Entrée Choices**

RW-C Dinner Salad  
\*Cilantro Lime Chicken Thighs

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

French Cut Beans, Succotash  
Coconut Rice

**Dinner**

Summer Squash Soup  
Black Bean & Corn Salad

**Entrée Choices**

Nicoise Salad Bowl w / Seared Tuna  
Roasted Moroccan Lamb w / Shiraz Honey Sauce

***Select Grill***

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

**Accompaniments**

Sautéed Baby Kale  
Roasted Coriander Carrots  
Israel Couscous

Dark Bavarian Bread

**Desserts**

Blackberry Icebox Cake

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

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**Lunch**

Fresh Chopped Spinach & Ginger Soup  
Green Pea Salad

**Entrée Choices**

BBQ Sauce Burger On a Wheat Roll  
\*Baked Tilapia w / Fresh Dill & Lemon Sauce

***Select Grill***

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

**Accompaniments**

Peas, Cauliflower  
Beer Battered Onion Rings

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**Dinner**

Fresh Chopped Spinach & Ginger Soup  
Green Pea Salad

**Entrée Choices**

\* Seared Scallops w / Citrus Corn Succotash  
Veal Scaloppine w / Lemon & Capers

***Select Grill***

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

**Accompaniments**

Baked Roma Tomato Casserole  
Vegetable Rice Pilaf  
Sautéed Fennel & Leeks

**Desserts**

Ricotta Cheese Cake

WK 1

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

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**Lunch**

Roasted Red Pepper  
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

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**Dinner**

Roasted Red Pepper  
Cucumber, Tomato & Zucchini Salad

**Entrée Choices**

Sautéed Shrimp w / Lemon Chive Butter  
\*Roasted Herb Crusted 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 15; Aug 12; Sept 9

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**Lunch**

Chilled Green Tomato Soup w / Crabmeat Garnish  
Summer Squash & Tomato Salad

**Entrée Choices**

Blackened Chicken, Sweet Corn Relish  
Summer Chopped Salad w / Cottage Cheese & a Pistachio Muffin  
(cucumbers, apples, fennel, berries, watermelon red onions, pecans,  
carrots)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Roasted Artichokes, Late Summer Greens Sauté

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**Dinner**

Chilled Green Tomato Soup w / Crabmeat Garnish  
Summer Squash & Tomato Salad

**Entrée Choices**

\*Garlic Basil Bass w / Tomato Butter Sauce  
Rib-Eye Steak Dinner Salad

***Select Grill***

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

**Accompaniments**

Glazed Beets, Steamed Asparagus  
Twice Baked Potato

Challah Bread

**Desserts**

Banana Pudding Pie

WK 4

**Rappahannock Westminster-Canterbury**  
**Sunday Dining** June 26; July 24; Aug. 21;

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**Lunch**

Summer Minestrone Soup  
Tropical Fruit

**Entrée Choices**

\*Airline Chicken Forestier  
Sweet Dollar Cakes w /Bacon  
Roasted Beef Tenderloin

***Select Grill***

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

**Accompaniments**

Asparagus, Honey Glaze Baby Carrots  
Tri-Colored Hash Potatoes

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**Dinner**

Summer Minestrone Soup  
Tropical Fruit

**Entrée Choices**

Fish & Chips  
\*Cheese Lasagna

***Select Grill***

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

**Accompaniments**

Fried Zucchini Coins, Wax Beans w / Red Pepper

**Desserts**

Caramel Vanilla Crunch Cake

WK 2

**Rappahannock Westminster-Canterbury**  
**Monday Dining** June 27; July 25; Aug 22

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**Lunch**

Chicken & Rice Soup  
Giardiniera Salad

**Entrée Choices**

Spinach & Ricotta Quiche  
\* Chicken Fajita Wedge Salad

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Edamame, Roasted Julienne Vegetables  
Orzo Pilaf

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**Dinner**

Chicken and Rice Soup  
Giardiniera Salad

**Entrée Choices**

Pork Medallions w / Brandy Cream Sauce  
\*Grilled Mahi w / Pineapple Salsa  
Grilled Famous Nathan Frank w / Baked Beans

***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

Crusty Kaiser Roll

**Desserts**

Key-Lime Meringue Pie

WK 2

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

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**Lunch**

Summer Corn Soup w / Crisp Prosciutto  
Cauliflower Potato Salad

**Entrée Choices**

Creamy Chicken, Apple & Grape Salad Plate  
Fried Green Tomato BLT Stack w / Tomato Jam & Dot's Pimento  
Cheese  
\*Baked Pork Chop over Cherry Couscous

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Sauteed Cabbage  
Petit Green Beans, Glorious Muffin

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**Dinner**

Summer Corn Soup w / Crisp Prosciutto  
Cauliflower Potato Salad

**Entrée Choices**

\*Veal Florentine over Pasta  
Fried Trout w / Kohlrabi Slaw

***Select Grill***

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

**Accompaniments**

Maple Green Beans & Raisins  
Corn on the Cob  
\*Vegetable Blend

**Desserts**

Bonefish Grill Coconut Pie w / Rum Sauce

WK 4

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

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**Lunch**

Roasted Red Pepper Soup  
Minty Watermelon & Cucumber Salad

**Entrée Choices**

\*Whole Wheat Spaghetti w / Ground Pork Meat Sauce  
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, Broccoli  
Homemade Garlic Bread

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**Dinner**

Roasted Red Pepper Soup  
Minty Watermelon & Cucumber Salad

**Entrée Choices**

Grilled Ground Beef Steak w / Sweet Onions & Mushrooms  
Shrimp Lo Mein

***Select Grill***

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

**Accompaniments**

Cheddar Tomato Cobbler, Balsamic Sugar Snap Peas  
Buttered Squash & Onions  
Herb Biscuit

**Desserts**

Homemade Peanut Butter Cake

WK 4

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

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**Lunch**

Chilled Carrot Soup w / Ginger & Turmeric Soup  
Black Bean, Corn & Mango Salad

**Entrée Choices**

Taco Salad Casserole  
\*Wild Mushroom Omelet

Herb Roasted Bone-in-Breast Chicken

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Broccoli ; Peg & Shoe Corn  
Fried Potato Wedge

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**Dinner**

Chilled Carrot Soup w / Ginger & Turmeric  
Black Bean, Corn & Mango Salad

**Entrée Choices**

Cornmeal Crusted Flounder w / Hush Puppies  
Herb-Crusted Eye of Round Roast Beef w / Horseradish Cream

***Select Grill***

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

**Accompaniments**

Corn on the Cob  
Steamed Zucchini w / Basil Butter  
Parslied Red Potatoes

Cheddar & Chive Biscuit

**Desserts**

Strawberry Crisp

WK 2

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

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**Lunch**

German Potato Soup  
Orange Fluff Salad

**Entrée Choices**

Tortellini Primavera w / Garlic Cream Sauce garnished w / Shaved Parmesan  
Chimichangas (Beef)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Steamed Carrots, Green Beans

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**Dinner**

German Potato Soup  
Orange Fluff Salad

**German Dinner - Entrée Choices**

Chicken Thigh Paprikash  
German Pork Chops w / Sauerkraut & Apples

***Select Grill***

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

**Accompaniments**

Fried Red Cabbage  
German Cauliflower Blend  
\*Lindenberg Potatoes

**Desserts**

Pistachio Cake

WK 2

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

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**Lunch French**

Vichyssoise  
Carottes Rapees

**Entrée Choices**

\*Poulet a la Moutarde  
(Roasted Dijon Chicken)

Sole Meuniere

(Flounder in Lemon Butter Sauce)

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Herbs Quiche Fromage Bleu (herbs, blue cheese)  
Ratatouille , Pommede Terre Lyonnaise

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**Dinner**

Vichyssoise  
Carottes Rapees

**Entrée Choices**

Coquilles St. Jacques

(scallops & mushrooms sauce)

RW- C Dinner Salad w / Cranberry Muffin

***Select Grill***

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

**Accompaniments**

Roasted Coriander Carrots, Shaved Brussels Sprouts  
Buttered Penne Pasta

**Desserts**

Brownie au chocolat avec glacage au café

Chocolate Brownie w / Coffee Frosting

WK 4

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

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**Lunch**

Greek Lemon Chicken Soup  
Macaroni Salad

**Entrée Choices**

Veal Parmesan over Linguine Pasta  
\*Pesto Seared Tilapia

***Select Grill***

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

**Accompaniments**

Roasted Marinated Whole Beets  
Edamame Succotash

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**Dinner**

Greek Lemon Chicken Soup  
Macaroni Salad

**Entrée Choices**

Fluffy Gruyere & Cheddar Cheese Omelet  
BBQ Baked Chicken Thighs

***Select Grill***

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

**Accompaniments**

Fried Apples  
Sautéed Cherry Tomatoes  
Braised Leeks w / Greens  
Whole Wheat Roll

**Desserts**

Lemon Ice-Box Pie

WK 4

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

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**Lunch**

Chilled Cantaloupe Soup  
Cucumber & Tomato Salad

**Entrée Choices**

Grilled Chicken, Watermelon, Cucumber & Heirloom Tomato Salad  
w / Raspberry Dressing  
Kielbasa Sausage w / Sautéed Onions on a Roll

***Select Grill***

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

**Accompaniments**

Roasted Butternut Squash  
Dilly Dill Potato Wedge

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**Dinner**

Chilled Cantaloupe Soup  
Cucumber & Tomato Salad

**Entrée Choices**

Crispy Panko Shrimp Salad Platter  
Country-Style BBQ Ribs w / Jalapeno Muffin

***Select Grill***

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

**Accompaniments**

Skillet Corn, Hoisin Glazed Eggplant\*  
Olive Oil Oven Roasted Fingerling Potatoes

**Desserts**

Pineapple Meringue Pie

WK 2

**Rappahannock Westminster-Canterbury**  
**Friday Dining** July 1, July 29; Aug 26

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**Lunch**

Sweet Onion Soup  
Summer Watermelon Salad

**Entrée Choices**

\*Summer Italian Sub  
Chicken Breast Tampico over Pasta

***Select Grill***

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

**Accompaniments**

Steamed Summer Squash, Broccoli  
French Fries

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**Dinner**

Sweet Onion Soup  
Summer Watermelon Salad

**Entrée Choices**

\*Grilled Salmon, Glazed Walnuts & Feta Salad Platter w / Champagne  
Balsamic Dressing  
Veal Saltimbocca w / Marsala Mushrooms

***Select Grill***

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

**Accompaniments**

\*Baked Tomato Provencal, Sautéed Asparagus w / Olive Oil  
Orzo Pilaf

Yeast Dinner Roll

**Desserts**

Boston Crème Poke Cake

WK 2

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

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**Lunch**

Tomato Basil Soup  
Olive Mix Salad

**Entrée Choices**

Cajun 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

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**Dinner**

Tomato Basil Soup  
Olive Mix Salad

**Entrée Choices**

Gourmet Grilled Cheese Sandwich  
(Gouda, Fontina, Havarti Dill 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**

German Chocolate Cake

WK 4

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

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**Lunch**

Bloody Mary Gazpacho Soup  
Lemon Couscous 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

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**Dinner**

Bloody Mary Gazpacho Soup  
Lemon Couscous Salad

**Entrée Choices**

Pork Tenderloin w / Bourbon Peach Sauce & Crunchy Cabbage Slaw  
\*Salmon w / Creamed Spinach

***Select Grill***

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

**Accompaniments**

Steamed Asparagus , Vidalia & Artichoke Casserole  
Brown Rice Pilaf  
Dinner Roll

**Desserts**

Summer Peach Cake

**WK 3**

**Rappahannock Westminster-Canterbury**  
**Saturday Dining** July 2; July 30; Aug 27

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**Lunch**

Chicken Gumbo  
Cranberry & Raisin Slaw Salad

**Entrée Choices**

\*Teriyaki Turkey Lettuce Wrap  
Tuna Noodle Casserole

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Steamed Baby Carrots  
Sugar Snap Peas

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**Dinner**

Chicken Gumbo  
Cranberry & Raisin Slaw Salad

**Entrée Choices**

\*Bake Sole w / Mint & Ginger  
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  
Rosemary & Dijon Roasted Red Potatoes

**Desserts**

Peanut Butter Tarts

**WK 2**

**Rappahannock Westminster-Canterbury**  
**Sunday Dining** July 3; July 31; Aug 28

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**Lunch**

Mushroom & Fennel Soup  
Grapefruit Sections

**Entrée Choices**

French Toast w / Fresh Macerated Berries & Sausage  
\*Chicken Cordon Bleu  
\*Pesto Swordfish

***Select Grill***

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

**Accompaniments**

O'Brien Potatoes, Orange Glazed Beets, Garden Vegetable Medley

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**Dinner**

Mushroom & Fennel Soup  
Grapefruit Sections

**Entrée Choices**

\*Hawaiian Burger on Hawaiian Roll  
Chef Salad Platter w / Blueberry Muffin

***Select Grill***

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

**Accompaniments**

Green Peas w / Mint, Oven Roasted Pepper Medley  
Side Wider Fries

**Desserts**

Caramel Salted Brownie

WK 3

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

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**Lunch**

Turkey Noodle Soup  
Creamy Broccoli Pasta Salad

**Entrée Choices**

Asparagus and Goat Cheese Quiche  
Bahn Mi Sandwich w / Mango Slaw  
(Chicken w / Pickled Vegetables)

***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

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**Dinner**

Turkey Noodle Soup  
Creamy Broccoli Pasta Salad

**Entrée Choices**

Grilled Strip Steak w / Bearnaise Sauce  
\*Mediterranean Clam & Mussel Bowl w / Crusty Baguette

***Select Grill***

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

**Accompaniments**

Mushroom Duxelles Casserole, Broiled Tomato Half w / Parmesan  
Roasted Red Potatoes w / Rosemary  
Brioche Roll

**Desserts**

Pineapple Banana Crisp

WK 3



**Rappahannock Westminster-Canterbury**  
**Thursday Dining** July 7; Aug 4; Sept 1

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**Lunch Mexican**

Chilled Strawberry Soup  
Potato Salad

**Entrée Choices**

Chipotle Beef Tostadas  
Enchilada Baked Chicken Thighs  
\*Vegetarian Mexican Casserole

***Select Grill***

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

**Sandwiches are also available**

**Accompaniments**

Mexican Street Corn Bites, Spinach  
Cumin Rice

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**Dinner**

Chilled Strawberry Soup  
Potato Salad

**Entrée Choices**

Fried Chicken w / Honey Biscuit  
\*Sauerbraten

***Select Grill***

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

**Accompaniments**

Thyme Green Beans w / Almonds  
Baked Brie Mac & Cheese

**Desserts**

Meyer Lemon Cake

WK 3

**Rappahannock Westminster-Canterbury**  
**Monday Dining** July 4; Aug 21 Aug 29

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**Lunch**

Summer Vegetable Soup  
Cucumber and Onion Salad

**Entrée Choices**

Vegan Butternut Squash Casserole  
Calves Liver w / Sautéed Sweet Onions

***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

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**Dinner**

Summer Vegetable Soup  
Cucumber and Onion Salad

**Entrée Choices**

\*Pork Chop Grand Mere  
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**

German Chocolate Cake

WK 3

**Rappahannock Westminster-Canterbury**  
**Tuesday Dining** July 5; Aug 2; Aug 30

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**Lunch**

Italian Wedding Soup  
Antipasto Salad

**Entrée Choices**

Bucatini Pasta & Italian Tomato Sauce w / shaved Parmesan  
Toasted breadcrumbs  
\*Chicken Francese  
Personal Pepperoni Flatbread Pizza

***Select Grill***

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

**Accompaniments**

Roasted Eggplant, Broccolini

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**Dinner**

Italian Wedding Soup  
Antipasto Salad

**Entrée Choices**

Veal Piccata  
\*Turkey Cutlet Marsala

***Select Grill***

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

**Accompaniments**

Sauteed Petit Green Beans, Fried Green Tomatoes  
Lemon Herbed Potatoes

Orange Scone

**Desserts**

Berry Tiramisu

WK 3

**Rappahannock Westminster-Canterbury**  
**Wednesday Dining** July 6; Aug 3; Aug 31

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**Lunch**

English Pea Soup w / Mint  
Banana Split Fluff Salad

**Entrée Choices**

\*Key West Flank Steak w / Fried Plantains  
\*Cilantro Lime Shrimp Salad

***Select Grill***

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

**Accompaniments**

Cauliflower, Glazed Ranch Carrots

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**Dinner**

English Pea Soup w / Mint  
Banana Split Fluff Salad

**Entrée Choices**

Cajun Fried Catfish w / Grilled Lemon  
Pineapple Chicken Curry  
Grilled Knockwurst w / Spicy Mustard on a Roll

***Select Grill***

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

**Accompaniments**

Fried Red Cabbage, Balsamic Roasted Zucchini  
Jasmine Rice

Dilly Dill Dinner Roll

**Desserts**

Pretzel Cherry Dessert

WK 3