

## 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 2022 DINING MENU

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



Rappahannock  
Westminister-Canterbury



## FALL 2022 DINING MENU

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

## GRILLE HOURS

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

### SYMBOLS MEANING

@ (Healthy Choice)

\* Descriptions of the (Food)

w / means (with)



LUNCH

STARTER

Creamy Crawfish Bisque  
3-Bean Salad

Entrées

\*Baked Cod Provencal  
Crab, Asparagus & Cheddar Cheese Quiche  
Herb Roasted Beef Prime Rib

Grill

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

Accompaniments

Sautéed Petite Green Beans  
Roasted Vegetables  
Baked Potato  
Croissant



DINNER

STARTER

Creamy Crawfish Bisque  
3-Bean Salad

Entrées

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

Grill

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

Accompaniments

Braised Kale  
Corn Marque Choux w / Onions, Peppers & Cajun Spice  
Oven Roasted Potato Wedges

Desserts

Assorted Desserts

## MENU ITEM DESCRIPTIONS

**Baked Cod Provencal**– Cod baked with Olive oil, white wine, lemon juice, diced red and green peppers, diced onions, diced tomatoes, with Kalamata olives and creole seasoning.

**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

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

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

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

**Indian Cabbage**-chopped cabbage, ground beef, beef broth, tomato sauce, brown 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”

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

**Pineapple Salsa**-cubed pineapple, green peppers, chopped red onions , cilantro, jalapeno pepper, lime juice, lemon juiceand red crushed red pepper flakes

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

## SYMBOLS MEANING

@ (Healthy Choice)

\* Descriptions of the (Food)

w / means (with)

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

## LUNCH

### STARTER

Tomato Soup  
Greek Pasta Salad

### Entrées

Gourmet Grilled Cheese

@Vegetarian Chili with Corn Muffin

(black beans, tomatoes, red bell pepper, onion chili powder, cumin, oregano & cheddar cheese)

### Grill

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

Sandwiches are also available

### Accompaniments

Steamed Peas  
Buttered Beets  
Sweet Potato Wedges



## DINNER

### STARTER

Tomato Soup  
Greek Pasta Salad

### Entrées

Cheesy Meatloaf w/ Gravy  
Baked Chicken Thigh in Thai Coconut Sauce

### Grill

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

### Accompaniments

Spaghetti Squash  
Spinach  
Mashed Potatoes  
Dinner Roll

### Desserts

Apple Pie

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

**LUNCH**

**STARTER**

Corn Chowder  
Cole Slaw

**Entrées**

@Beef Stroganoff ( lean beef, skim milk, low-fat sour cream)  
Chicken Livers  
Pulled Pork BBQ Sandwich

**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**

**STARTER**

Corn Chowder  
Cole Slaw

**Entrées**

BBQ Baby Back Ribs & Corn Muffin  
@Cajun Baked Catfish w/ Tartar Sauce

**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

**SATURDAY DINING OCT. 15; NOV. 12; DEC. 10**

**WK 4**

**LUNCH**

**STARTER**

Black Bean Soup  
Cole Slaw

**Entrées**

@Chicken and Zucchini Casserole  
Dilly Turkey Melt Sandwich w / Jack Cheese, Canadian Bacon & Dill  
Pickles on Sourdough Bread

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Sliced Carrots in Honey Butter  
Parsley New Potatoes  
Balsamic Roasted Vegetables



**DINNER**

**STARTER**

Black Bean Soup  
Cole Slaw

**Entrées**

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  
3 Bean Medley

**Desserts**

Pecan Pie

FRIDAY DINING OCT. 14; NOV. 11; DEC. 9

WK 4

**LUNCH**

**STARTER**

Turkey Noodle Soup  
Asparagus & Artichoke Salad

**Entrées**

Braised Pork w / Sauerkraut  
Cheese Quesadilla w / Salsa & Sour Cream

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Braised Kale  
Black Beans & Corn Fiesta  
Mexican Rice



**DINNER**

**STARTER**

Turkey Noodle Soup  
Asparagus & Artichoke Salad

**Entrées**

@Grilled Salmon w / Orange Glaze  
Roasted Pork Tenderloin w / Mango Salsa

**Grill**

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

**Accompaniments**

Red Onion & Pepper Medley  
Broccoli  
Wild Rice  
Dinner Roll

**Desserts**

Apple Bread Pudding

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

**LUNCH**

**STARTER**

Minestrone Soup  
Antipasto Salad

**Entrées**

Margherita Flatbread Pizza (w / Fresh Mozzarella, Basil & Marinara)  
Beef Hot Dogs Topped with Chili & Cheese

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Roasted Zucchini  
Fried Okra  
Baked Beans



**DINNER**

**ITALIAN INSPIRED DINNER**

**STARTER**

\*Minestrone Soup  
Antipasto Salad

**Entrées**

Lasagna w / Three Meat Sauce with Garlic Bread  
@ \*Tuscan Baked Chicken w / Pear Tomatoes,  
Basil & Fresh Mozzarella Relish

**Grill**

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

**Accompaniments**

Asparagus  
Ratatouille  
Parmesan Orzo

**Desserts**

Tiramisu

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

**LUNCH**

**STARTER**

Cheeseburger & Bacon Soup  
Greek Cucumber Salad

**Entrées**

Ranch -Fried Chicken Wings  
@Vegetarian Quiche (w / Yellow Squash, Mushrooms, & Baby Spinach)  
Baked Flounder (Iemon and White Wine)

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Corn Pudding  
Broccoli  
Brown Rice Pilaf



**DINNER**

**STARTER**

Cheeseburger & Bacon Soup  
Greek Cucumber Salad

**Entrées**

BBQ Chicken  
@Herb Roasted Pork Loin w / Cranberry-Orange Glaze

**Grill**

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

**Accompaniments**

Steamed Beets  
Homemade Applesauce  
Parsley New Potatoes  
Bavarian Brown Bread

**Desserts**

Apple Spice Cake

**THURSDAY DINING OCT. 13; NOV. 10; DEC. 8 WK 4**

**LUNCH**

**STARTER**

Sweet Potato Soup  
Autumn Fruit Salad

**Entrées**

@Broccoli & Cheese Quiche  
Philly Cheese Steak Sub w / Onions  
Honey Baked Chicken Drumsticks

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Roma Tomato Casserole  
Petit Green Beans  
\* Boardwalk Fries



**DINNER**

**STARTER**

Sweet Potato Soup  
Autumn Fruit Salad

**Entrées**

@Flounder Mediterranean (with Olives, Tomatoes and Capers)  
Roasted Turkey Breast w / Dressing & Gravy

**Grill**

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

**Accompaniments**

Scalloped Apples  
Asparagus  
Yukon Mashed Potatoes  
Fresh Baked Biscuit

**Desserts**

Peanut Butter Brownie



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

**LUNCH**

**STARTER**

Mulligatawny Soup  
Bombay Carrot Salad

**Entrées**

@Chicken Tacos  
Baked Ham w / Grilled Pineapple

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Acorn Squash  
Peas & Diced Carrots  
Brown Rice Pilaf



**DINNER**

**INDIAN INSPIRED**

**STARTER**

Mulligatawny Soup  
Bombay Carrot Salad

**Entrées**

Indian Spiced Tilapia w / Cherry Chutney  
Lamb Korma (Curried Lamb Stew)

**Grill**

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

**Accompaniments**

Basmati Rice  
\*Indian Cabbage  
Roasted Curried Carrots  
Spiced Naan Bread

**Desserts**

Indian Rice Pudding

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

**LUNCH**

**STARTER**

Creamy Broccoli & Cheese Soup  
Corn & Black Bean Salad

**Entrées**

Ranch Chicken Sandwich w / Ham, Swiss, Lettuce & Tomato on Potato Bun  
Chopped Beef Steak w / Gravy

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Artichokes  
Carrots & Cauliflower  
Potato Cake



**DINNER**

**STARTER**

Creamy Broccoli & Cheese Soup  
Corn & Black Bean Salad

**Entrées**

@Trout w / Tarragon Mustard Sauce  
Roasted Lamb of Leg

**Grill**

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

**Accompaniments**

Roasted Acorn Squash  
Sauteed Spinach  
Potato Casserole

**Desserts**

Blueberry Bread Pudding

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

**LUNCH**

**STARTER**

Senate Bean Soup  
Watergate Salad

**Entrées**

@Caprese Chicken Breast

(olive oil, balsamic vinegar, fresh basil, fresh mozzarella & tomatoes)

Cheese Burger

**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**

**STARTER**

Senate Bean Soup  
Watergate Salad

**Entrées**

@Sauteed Shrimp over Polenta

(4-16/20 shrimp, olive oil, Dijon mustard & white wine)

Grilled New York Strip Loin Steak with Onion Straw

**Grill**

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

**Accompaniments**

Broiled Tomato Half  
Sautéed Assorted Mushrooms  
Roasted Dijon Yukon Gold Potatoes  
Sesame Dinner Roll

**Desserts**

Butter Pound Cake with Rum Glaze

**TUESDAY DINING OCT. 11; NOV. 8; DEC. 6 WK 4**

**LUNCH**

**STARTER**

Navy Bean Soup  
Cucumber Tomato Salad

**Entrées**

Cheddar Burger on Potato Roll

@Orange Chicken Thighs

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Green Bean Casserole  
Steamed Yellow Squash  
Steak Fries



**DINNER**

**STARTER**

Navy Bean Soup  
Cucumber Tomato Salad

**Entrées**

@Spanish Beef Stew w / Vegetable Couscous

Panko-Parmesan Baked Sea Scallops

**Grill**

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

**Accompaniments**

Sauteed Spinach  
@Vegetable Couscous w / Zucchini, Onions & Mushrooms  
Dinner Roll

**Desserts**

Coconut Cake

**MONDAY DINING OCT. 10; NOV.7; DEC. 5 WK 4**

**LUNCH**

**STARTER**

\*Greek Lemon Chicken Soup  
Tuscan Bean

**Entrées**

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

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Mandarin Blend Medley  
(Broccoli ,Carrots, Pea Pods & Bamboo Shoots)  
Butter Beans  
Roasted Fingerling Potatoes



**DINNER**

**STARTER**

\*Greek Lemon Chicken Soup  
Tuscan Bean

**Entrées**

Meatloaf & Gravy  
@Herb Roasted Baked Chicken

**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  
Bread Sticks

**Desserts**

Key Lime Pie

**SUNDAY DINING SEPT 25; OCT. 23; NOV. 20**

**WK 2**

**LUNCH**

**STARTER**

Butternut Squash Bisque  
Beet Salad

**Entrées**

@Stuffed Flounder w / Spinach  
(olive oil, cream, mozzarella & feta cheese)  
Roasted Beef Tenderloin w / Bearnaise Sauce  
Scrambled Eggs w / Sausage Links

**Grill**

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

**Accompaniments**

Roasted Eggplant  
Steamed Asparagus  
Baked Sweet Potato  
Crusty Baguette



**DINNER**

**STARTER**

Butternut Squash Bisque  
Beet Salad

**Entrées**

Pancake Supper (Dollar cake stack & bacon)  
Swedish Meatballs

**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

**MONDAY DINING    SEPT. 26; OCT. 24; NOV. 21    WK 2**

**LUNCH**

**STARTER**

Beef Vegetable Soup  
Caesar Salad

**Entrées**

@Whole –Wheat Spaghetti w / Turkey Meat Sauce  
\*Monte Cristo Sandwich with Raspberry Sauce

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Roasted Broccoli w / Parmesan  
Succotash



**DINNER**

**STARTER**

Beef Vegetable Soup  
Caesar Salad

**Entrées**

RW-C Dinner Salad  
@Baked Tilapia w / Lemon Buter

**Grill**

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

**Accompaniments**

Baked Beans  
Kale  
Corn -on-the Cob  
Bread Sticks

**Desserts**

Coconut Custard Pie

**SUNDAY DINING    OCT. 9; NOV. 6; DEC. 4    WK 4**

**LUNCH**

**STARTER**

Wild Mushroom Soup  
Giardiniera Salad

**Entrées**

French Toast & Sausage Link  
Roasted Beef Tenderloin w / Bearnaise Sauce  
@Shrimp Quiche

**Grill**

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

**Accompaniments**

Roasted Brussel Sprouts  
Herb Roasted Two Potato (Red Potatoes & Sweet Potatoes)  
@Spaghetti Squash w / Honey Butter



**DINNER**

**STARTER**

Wild Mushroom Soup  
Giardiniera Salad

**Entrées**

\* Baked Ziti with Meat Sauce & Garlic Bread  
Fried Catfish w / Country Slaw

**Grill**

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

**Accompaniments**

Roasted Zucchini  
Cauliflower  
Diced Hash Brown Potatoes

**Desserts**

Tiramisu

**SATURDAY DINING OCT. 8; NOV. 5; DEC. 3**

**W 3**

**LUNCH**

**STARTER**

Shrimp Chowder  
Grapefruit Sections

**Entrées**

Hot Dogs w / Fixings  
Hamburger on a Bun w / Lettuce, Tomatoes & Onions

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Sauerkraut  
Corn-on-Cob  
Baked Beans



**DINNER**

**STARTER**

Shrimp Chowder  
Grapefruit Sections

**Entrées**

@Grilled Salmon w/ Lemon Sauce  
Veal Parmesan w/ Garlic Bread

**Grill**

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

**Accompaniments**

Asparagus  
Baby Carrots  
Linguine Tossed w / Olive Oil

**Desserts**

Homemade Sweet Potato Pie

**TUESDAY DINING SEPT. 27; OCT. 25; NOV. 22**

**WK 2**

**LUNCH**

**STARTER**

Cheesy Ham Chowder  
Potato Salad

**Entrées**

Cheddar and Asparagus Quiche  
Chopped Fried Steak w / Pepper Gravy  
Bangers and Mash

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Grilled Yellow Squash  
Italian Green Beans  
Mashed Potatoes



**DINNER**

**STARTER**

Cheesy Ham Chowder  
Potato Salad

**Entrées**

RW-C Fried Chicken  
@Vegetable Lasagna

**Grill**

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

**Accompaniments**

Stewed Tomatoes  
Sauteed Brussel Sprouts  
Mac & Cheese  
Garlic Bread

**Desserts**

Strawberry Cheese Cake

**WEDNESDAY DINING   SEPT 28; OCT 26; NOV. 23   WK 2**

**LUNCH**

**STARTER**

Italian Wedding Soup  
Corn & Tomato Salad

**Entrées**

@Mediterranean Shrimp Orzo Salad Bowl  
(artichokes, red & green peppers, olives) w / Fresh Dill & Greek Vinaigrette

Hearty Beef Stew  
(beef, carrots, potatoes & celery)

**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**

**STARTER**

Italian Wedding Soup  
Corn & Tomato Salad

**Entrées**

Baked Country Ribs Dinner (Carrots, Onions, Celery, Mushrooms)  
@Chicken Caesar Salad

**Grill**

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

**Accompaniments**

Wax Beans  
Mashed Sweet Potatoes  
Yeast Dinner Roll

**Desserts**

Key Lime Pie

**FRIDAY DINING   OCT. 7; NOV. 4; DEC. 2**

**WK 3**

**LUNCH**

**STARTER**

Creamy Tomato Basil Soup  
Cole Slaw

**Entrées**

@Chopped Steak w / Onions & Mushrooms  
Chicken Pumpkin Pasta Bake

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Broccoli  
Okra & Tomatoes  
Rice Pilaf



**DINNER**

**STARTER**

Creamy Tomato Basil Soup  
Cole Slaw

**Entrées**

Chicken Breast Cordon Blue  
Honey Flank Steak

**Grill**

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

**Accompaniments**

Spinach  
Burgundy Mushrooms  
Roasted Fingerling Potatoes  
Crusty Baguette

**Desserts**

Sweet Pear Cake

THURSDAY DINING OCT. 6; NOV. 3; DEC. 1

WK 3

**LUNCH**

**STARTER**

White Chili  
Applesauce

**Entrées**

Pecan Crusted Tilapia  
Country Fried Steak with Pepper Gravy

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Broiled Tomato Half  
Braised Celery  
Mashed Potatoes w / Cheddar Cheese & Chives



**DINNER**

**STARTER**

White Chili  
Applesauce

**Entrées**

Carving Board Ham w / Bourbon-Maple Glaze  
\*Stuffed Peppers

**Grill**

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

**Accompaniments**

Red Cabbage  
Yellow Squash w / Fresh Dill  
Baked Sweet Potato  
Buttermilk Biscuits

**Desserts**

Cheese Cake

THURSDAY DINING SEPT. 29; OCT.27; NOV. 24

WK 2

**LUNCH**

**STARTER**

Coconut Chicken Soup  
Hawaiian Fruit Salad

**Entrées**

Shrimp Fried Rice  
Beef w / Cabbage Stir Fry  
@Vegetable Lo Mein

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Stir Fried Vegetables  
Egg Roll  
White Rice



**DINNER HAWAIIAN INSPIRED**

**STARTER**

Coconut Chicken Soup  
Hawaiian Fruit Salad

**Entrées**

@Grilled Huli-Huli Chicken Thigh  
Hawaiian Pork Chops

**Grill**

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

**Accompaniments**

Garlic & Ginger Green Beans  
Glazed Brown Sugar Baby Carrots  
Pineapple Rice  
Kings Hawaiian Roll

**Desserts**

Hawaiian Pineapple Squares

**FRIDAY DINING    SEPT. 30; OCT 28; NOV. 25    WK 2**

**LUNCH**

**STARTER**

Chicken w / Rice Soup  
Mediterranean Pasta Salad

**Entrées**

Corn Beef Brisket  
Fried Oysters w / Cole Slaw

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Fried Green Cabbage  
Sliced Carrots w/ Fresh Dill  
Steamed New Potatoes



**DINNER**

**STARTER**

Chicken w / Rice Soup  
Mediterranean Pasta Salad

**Entrées**

@Seared Sea Scallops w / Olive-Caper Sauce  
Roasted Pork Tenderloin w / Mango Salsa

**Grill**

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

**Accompaniments**

Baked Butternut Squash  
Orzo w/ Parmesan & Basil  
Asparagus  
Crusty Kaiser Roll

**Desserts**

Bread Pudding w / Vanilla Sauce

**WEDNESDAY DINING    OCT. 5; NOV. 2; NOV. 30    WK 3**

**LUNCH**

**STARTER**

Chicken & Chickpea Soup  
Black Bean, Corn & Quinoa Salad

**Entrées**

Baked Spaghetti with Garlic Bread  
Chicken Tenders with Dijon Honey Mustard

**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**

**MEDITERRANEAN MEAL**

**STARTER**

Chicken & Chickpea Soup  
Black Bean, Corn & Quinoa Salad

**Entrées**

Moroccan Apple Beef Stew  
@Feta Shrimp Skillet Dinner ( Cauliflower w / Tomatoes & Olives)

**Grill**

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

**Accompaniments**

Pan Roasted Brussels Sprouts (w / Herbs & Olive Oil)  
Sundried Tomato Cous-Cous  
Roasted Sea Salt Flatbread

**Desserts**

Baklava



**TUESDAY DINING    OCT. 4; NOV. 1; NOV. 29    WK 3**

**LUNCH**

**STARTER**

Beef Noodle Soup  
Broccoli & Cauliflower Salad

**Entrées**

@Parmesan Chicken w / Artichokes  
Bratwurst w / Sauerkraut

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Roasted Golden Beets  
Sautéed Pepper Medley  
Fresh Baked Muffins



**DINNER**

**STARTER**

Beef Noodle Soup  
Broccoli & Cauliflower Salad

**Entrées**

@Grilled Tuna Steak w / Pineapple-Chipotle Salsa  
Chicken Scallopini

**Grill**

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

**Accompaniments**

Spaghetti Squash  
Baked Artichokes  
Parmesan Orzo  
Fresh Baked Muffin

**Desserts**

Yellow Cake with Chocolate Frosting

**SATURDAY DINING    OCT 1; OCT 29; NOV. 26    WK 2**

**LUNCH**

**STARTER**

French Onion Soup  
Cucumber & Tomato Salad

**Entrées**

Eggplant Parmesan  
Grilled Turkey w / Provolone on Sourdough Bread

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

\*4 Way Vegetable Mix  
Green Beans  
Spaghetti Noodles



**DINNER**

**STARTER**

French Onion Soup  
Cucumber & Tomato Salad

**Entrées**

Red Wine Braised Short Ribs  
@Roasted Salmon w / Edamame, Tomato & Basil Relish

**Grill**

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

**Accompaniments**

Sauteed Snow Peas  
Wild Rice Blend  
Roasted Fall Vegetables ( parsnips, rutabaga & carrots )  
Honey Biscuit

**Desserts**

Homemade Chocolate Cake w / Coffee Frosting

**SUNDAY DINING**    **OCT. 2 ; OCT 30; NOV. 27**    **WK 3**

**LUNCH**

**STARTER**

Fish Chowder  
3-Bean Salad

**Entrées**

Maple Glazed Ham Steak  
@Shrimp Scampi w / Linguine Pasta

Sunday Brunch Casserole w / Danish  
(potatoes, bacon, sausage, cheddar, and onions)

**Grill**

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

**Accompaniments**

Mustard Greens  
Julienne Carrots  
Baked Potato



**DINNER**

**STARTER**

Fish Chowder  
3-Bean Salad

**Entrées**

Smothered Chicken & Gravy  
Whole Roast New York Strip Loin w/ Burgundy Mushroom Sauce

**Grill**

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

**Accompaniments**

Green Bean Casserole  
Stewed Tomatoes  
Mashed Potatoes  
Honey Butter Biscuit

**Desserts**

Cherry Pie

**MONDAY DINING**    **OCT. 3; OCT. 31; NOV. 28**    **WK 3**

**LUNCH**

**STARTER**

Chunky Vegetable Soup  
Macaroni Salad

**Entrées**

@Spinach & Feta Quiche  
\*Patty Melt on Rye Bread

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Ratatouille  
Cauliflower  
Onion Rings



**DINNER**

**STARTER**

Chunky Vegetable Soup  
Macaroni Salad

**Entrées**

Winter Pork Chop w / Apples, Walnuts & Raisins  
@\*Herb Roasted Airline Chicken Breast

**Grill**

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

**Accompaniments**

Vegetable Pie  
Braised Napa Cabbage  
Sweet Potato Casserole  
Bavarian Brown Bread

**Desserts**

Boston Crème Pie