

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 2022 / 2023 DINING MENU

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



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Westminister-Canterbury



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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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PICK UP ONLY

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@ (Healthy Choice)

- Descriptions of the (Food)

w/ means (with)

CULINARY SERVICES RELATED PHONE NUMBERS

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

BETTY POLK #4016, Office Manager

GENITA MAIDEN-SHEARIN, #4091, Director of Culinary Services

DENISE COTTRELL # 4015, Assistant Direct of Culinary Services

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TARA MATHIS-DIETITIAN (cell 804-832-6374)

CHEF TV FLYNN # 4019

KITCHEN # 4017



SUNDAY DINING DEC. 18; JAN. 15; FEB. 12; MAR. 12 WK 1
LUNCH

Starters

3 Bean Salad
Cream of Chicken & Wild Rice Soup

Entrées

Roasted Prime Rib of Beef w / Au Jus
* Shrimp Etouffee w / Brown Rice (Healthy Choice)
Breakfast Quiche
(sausage & cheese)

Grill

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

Accompaniments,

Green Beans
Buttered Carrots
Baked Potato
Croissant



DINNER

Starters

3 Bean Salad
Cream of Chicken & Wild Rice Soup

Entrées

Mac & Cheese w / Ham
Swedish Meatballs

Grill

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

Accompaniments

Zucchini Squash
Braised Cabbage
Buttered Noodles
Sliced Baguettes

Desserts

NOTES

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 than baked with a lemon caper sauce.

Chimichanga– Thin slice of chicken, onions, taco seasoning & cheddar cheese in a tortilla shell

Cincinnati Chili Soup–Ground beef with tomato sauce, diced tomatoes, chili powder, cayenne pepper, cumin, white vinegar, beef broth, cumin, allspice and garlic cooked with elbow noodles served with a sprinkle of cheddar cheese on top.

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.

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

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

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

Roasted Vegetable Pasta–Fettucine 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.

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

Shrimp Etouffee - Shrimp sautéed in 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, pimientos and pasta noodles tossed in a cream chicken base sauce, topped w/ bread crumbs and Asian 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

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

LUNCH

Starters

Island Grain & Bean Salad

*Minestrone Soup

Entrées

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

Grilled Tuna Melt on Rye

Grill

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

Sandwiches are also available

Accompaniments

Fried Cauliflower

Spinach

Parmesan Orzo



DINNER

Starters

Island Grain & Bean Salad

*Minestrone Soup

Entrées

Grilled Liver & Onions

@ Eggplant Lasagna

Grill

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

Accompaniments

Steamed Yellow Squash

Sugar Snap Peas

Potatoes O'Brien

Dinner Roll

Desserts

Apple Cobbler ala mode

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

LUNCH

Starters

- Watergate Salad
- Tomato Florentine Soup

Entrées

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

Grill

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

Sandwiches are also available

Accompaniments

- Triple Succotash (corn, lima beans, red peppers)
- Sauteed Cherry Tomatoes
- Loaded Mashed Potatoes
- Dinner Roll



DINNER

Starters

- Watergate Salad
- Tomato Florentine Soup

Entrées

- Curried Lamb Stew w / Toppings and Toasted Naan
- RWC Dinner Salad

Grill

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

Accompaniments

- Basmati Rice
- Sauteed Kale w/ Turmeric
- Acorn Squash
- Dinner Roll

Desserts

- White Chocolate Cake

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

LUNCH

Starters

- Cole Slaw
- Split Pea & Ham Soup

Entrées

- 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
- Brown Bread



DINNER

Starters

- Cole Slaw
- Split Pea & Ham Soup

Entrées

- Fried Oysters w / Slaw on the side
- Winter Pork Chops Baked w / Apples, Walnuts & Raisins

Select Grill

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

Accompaniments

- Tomato & Artichoke Casserole
- Braised Swiss Chard
- Tri Color Potatoes
- Brown Bread

Desserts

- Peanut Butter Pie

FRIDAY DINING JAN. 13; FEB. 10; MARCH 10 WK 4

LUNCH

Starters

Italian White Bean Salad
*Wisconsin Beer Cheese Soup

Entrées

*Baked Ziti w / Meat Sauce
@Ensanada Chicken Breast w/ Salsa & Cheddar Cheese (Healthy Choice)

Select Grill

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

Sandwiches are also available

Accompaniments

Steamed Yellow Squash
Green Beans w / Water Chestnuts
Spanish Rice
Garlic Toast



DINNER

Starters

Italian White Bean Salad
Wisconsin Beer Cheese Soup

Entrées

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
Roasted Fingerling Potatoes w / Rosemary
Dinner Roll

Desserts

Blueberry Lemon Upside Down Cake

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

LUNCH

Starters

Broccoli Salad
Beef Noodle Soup

Entrées

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

Grill

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

Sandwiches are also available

Accompaniments

Braised Greens
Shoe peg Corn
Spanish Rice



DINNER

Starters

Broccoli Salad
Beef Noodle Soup

Entrées

@ Baked Trout w / Lemon & Dill (Healthy Choice)
Grilled New York Strip Steak w / Onion Straws

Grill

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

Accompaniments

Cauliflower
Roasted Pearl Onions w / Sage
2-Cheese Potatoes Au Gratin
Brown Bread

Desserts

Egg Custard Pie

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

LUNCH

Starters

Greek Pasta Salad
*Russian Potato Soup

Entrées

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

Grill

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

Accompaniments

Italian Flat Green Beans
Beets
Red Potatoes
Corn Muffin



DINNER

Starters

Greek Pasta Salad
*Russian Potato Soup

Entrées

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

Grill

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

Accompaniments

Roasted Brussels Sprouts w / Cranberries
Mushroom Casserole
Buttered Yukon Gold Potato
Dinner Roll

Desserts

Pineapple Bundt Cake

THURSDAY DINING JAN. 12; FEB. 9; MAR. 9 WK 4

LUNCH

Starters

Edamame Quinoa Salad
Curried Chicken Soup

Entrées

Cajun Baked Catfish w / Creole Tartar Sauce
Reuben Sandwich

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
Corn Muffin



DINNER

Starters

Edamame Quinoa Salad
Curried Chicken Soup

Entrées

Chinese Spareribs
Orange Chicken

Grill

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

Accompaniments

Stir Fry Vegetables
Sesame Green Beans
Jasmine Rice
Egg Roll
Dinner Roll

Desserts

WEDNESDAY DINING JAN. 11.; FEB. 8; MAR. 8 WK 4

LUNCH

Starters

Carrot & Raisin Salad
Corned Beef & Potato Soup

Entrées

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

*Turkey Tetrzzini

Grill

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

Sandwiches are also available

Accompaniments

Ratatouille
Sugar Snap Peas
Cheesy Polenta



DINNER

Starters

Carrot & Raisin Salad
Corned Beef & Potato Soup

Entrées

Roasted Pork Loin w / Orange-Herb Sauce

Shrimp Alfredo w / Toasted Baguette

Grill

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

Accompaniments

Roasted Brussels Sprouts
Linguine Tossed w / Olive Oil
Acorn Squash w / Maple Butter
Croissant

Desserts

Apple Carmel Crumb

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

LUNCH

Starters

Copper Pennies Salad
Mushroom Barley Soup

Entrées

@Roasted Vegetable Pasta (Healthy Choice)

Southwestern Burger Casserole (kidney beans, tomatoes, chiles, cheese and ground beef)

Grill

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

Sandwiches are also available

Accompaniments

Green Peas
Rice Pilaf
Buttermilk Biscuits



DINNER

Starters

Copper Pennies Salad
Mushroom Barley Soup

Entrées

@ Baked Salmon (Healthy Choice)

Oven Baked Ham w / Marmalade Sauce

Grill

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

Accompaniments

Coconut Bourbon Sweet Potatoes
Cider Baked Apples
Asparagus
Buttermilk Biscuits

Desserts

Bailey's Chocolate Cake

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

LUNCH

Starters

Winter Fruit Salad
*Cincinnati Chili Soup

Entrées

All Beef Hot Dogs
Chicken Caesar Salad

Grill

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

Sandwiches are also available

Accompaniments

Steamed Broccoli & Cauliflower
Baked Beans
Sesame Dinner Roll



DINNER

Starters

Winter Fruit Salad
*Cincinnati Chili Soup

Entrées

Herb Roasted Beef Tenderloin w / Mushroom Gravy
@ Bourbon Glazed Airline Chicken Breast

Grill

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

Accompaniments

Roasted Root Vegetables
Steamed Zucchini
Mashed Potatoes
Sesame Dinner Roll

Desserts

Bread Pudding w/ Homemade Sauce

TUESDAY DINING JAN. 10.; FEB. 7; MARCH 7 WK 4

LUNCH

Starters

Asparagus & Artichoke Salad
*Senate Bean Soup

Entrées

*Chicken Cacciatore
Fried Trout

Grill

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

Sandwiches are also available

Accompaniments

Braised Baby Kale
Pearl Onions
Parmesan Orzo
Blueberry Muffins



DINNER

Starters

Asparagus & Artichoke Salad
*Senate Bean Soup

Entrées

Corned Beef Brisket
Omelet Station

Grill

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

Accompaniments

Cabbage
Parslied Red Potatoes
Buttered Carrots
Blueberry Muffins

Desserts

Chocolate Eclairs

MONDAY DINING JAN. 9; FEB.6 ; MARCH 6 WK 4

LUNCH

Starters

Ambrosia Salad
*Mulligatawny Soup

Entrées

Marinated Flank Steak w / Corn & Pepper Salsa
@Baked Red Snapper (Healthy Choice)

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
Bread Sticks



DINNER

Starters

Ambrosia Salad
*Mulligatawny Soup

Entrées

*Chicken Piccata
Beef Stew

Grill

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

Accompaniments

Cauliflower Au Gratin
Buttered Noodles
Sauteed French Green Beans
Bread Sticks

Desserts

Chocolate Mint Pie

SUNDAY DINING DEC. 25; JAN. 22; FEB.19 WK 2

LUNCH

Starters

Giardiniera Salad
Roasted Cauliflower & Leek Soup

Entrées

Challah French Toast w / Syrup
Classic Eggs Benedict w / Hollandaise Sauce
Mexican Chicken Casserole

Grill

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

Accompaniments

Asparagus
Country Hash Potatoes
Assorted Rolls



DINNER

Starters

Giardiniera Salad
Roasted Cauliflower & Leek Soup

Entrées

@ Tuna Noodle Casserole
Carolina Style Pulled Pork w / Slaw on a Bun

Grill

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

Accompaniments

Sugar Snap Peas
Buttered Wheat Pasta
Pepper Medley

Assorted Rolls

Desserts

German Chocolate Pie

LUNCH

Starters

Marinated Squash Salad
Tomato Soup

Entrées

Southwestern Chili w / Corn Muffin
Grilled Cheese w / Tomato & Bacon

Grill

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

Sandwiches are also available

Accompaniments

Zucchini Squash
Sweet Potato Fries



DINNER

Starters

Marinated Squash Salad
Tomato Soup

Entrées

Stuffed Green Peppers
@ Flounder w / Shrimp Stuffing
(Healthy Choice)

Grill

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

Accompaniments

Baked Artichoke
Mustard Vinaigrette Green Beans
Corn O'Brien
Bread Sticks

Desserts

Blueberry Cobbler

LUNCH

Starters

Picked Beets & Onion Salad
Shrimp Bisque

Entrées

Pancakes and Syrup w / Apple Bacon
Smoked Salmon Quiche w / Fresh Dill & Havarti Cheese
Mango Chicken Thigh w / Basil Coconut Sauce

Grill

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

Accompaniments

Honey Glazed Carrots
Broccoli
Baked Yams
Dinner Roll



DINNER

Starters

Picked Beets & Onion Salad
Shrimp Bisque

Entrées

Brunswick Stew
Chicken Fettuccini Alfredo

Grill

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

Accompaniments

Zucchini
Green Peas
Dinner Roll

Desserts

Cheesecake

SATURDAY DINING JAN. 7; FEB. 4; MARCH 4 W 3

LUNCH

Starters

Corn & Black Bean Salad
Beef Barley Soup

Entrées

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

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

Starters

Corn & Black Bean Salad
Beef Barley Soup

Entrées

Carving Board Ham w / Honey Mustard
Fried Oysters

Grill

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

Accompaniments

California Blend (Carrots, Cauliflower & Broccoli)
Baked Acorn Squash
Homemade Applesauce
Honey Biscuits

Desserts

Tiramisu

TUESDAY DINING DEC. 27; JAN. 24; FEB. 21 WK 2

LUNCH

Starters

Cucumber w / Sour Cream
Black-Eyed Pea Soup

Entrées

@ Beef & Spinach Lo Mein (Healthy Choice)
Rachel Sandwich
(Turkey, Swiss & Kraut on Rye Bread)

Grill

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

Sandwiches are also available

Accompaniments

Broccoli
Battered Cauliflower



DINNER

Starters

Cucumber w / Sour Cream
Black-Eyed Pea Soup

Entrées

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
Mashed Potatoes
Biscuits

Desserts

Salt Caramel Kentucky Butter Cake

WEDNESDAY DINING DEC. 28; JAN. 25; FEB. 22 WK 2

LUNCH

Starters

Corn & Tomato Salad
Creamy Curried Sweet Potato Soup

Entrées

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

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 Roll



DINNER

Starters

Corn & Tomato Salad
Creamy Curried Sweet Potato Soup

Entrées

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

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
Dinner Roll

Desserts

Cherry Bar

FRIDAY DINING JAN. 6; FEB. 3; MARCH 3 WK 3

LUNCH

Starters

Carrot & Raisin Salad
New England Fish Chowder

Entrées

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

Grill

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

Sandwiches are also available

Accompaniments

Sauteed Baby Spinach
Sidewinder Fries



DINNER

Starters

Carrot & Raisin Salad
New England Fish Chowder

Entrées

Grilled Ribeye Steak w / BBQ Onions
@ Chicken Cordon Blue

Grill

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

Accompaniments

Asparagus
Sauteed Mushrooms
Baked Sweet Potato, Pear & Goat Cheese
Assorted Bread

Desserts

Pumpkin Spice Cake

THURSDAY DINING JAN. 5; FEB. 2; MARCH 2

WK 3

LUNCH

Starters

Tuscan Bean Salad
Cilantro Lime Mex Chili

Entrées

@Kung Pao Cauliflower (soy sauce, ginger, chili sauce, sesame oil and cilantro) (Healthy Choice)
Salisbury Steak w / Mushroom Gravy

Grill

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

Sandwiches are also available

Accompaniments

Italian Green Beans w / Pimiento
Broccoli
Cottage Potatoes
Dinner Roll



DINNER

Starters

Tuscan Bean Salad
Cilantro Lime Mex Chili

Entrées

@Chicken Amandine (onion, wild rice, French green beans and almonds) (Healthy Choice)
Fried Catfish w / Tartar Sauce

Grill

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

Accompaniments

Corn & Squash Pudding
Maple Collard Greens
Roasted Potatoes
Dinner Roll

Desserts

Homemade Lemon Pound Cake w / Hot Lemon

THURSDAY DINING DEC 29; JAN. 26; FEB. 23; WK 2

LUNCH

Starters

Pina Colada Carrot Salad
Beef Vegetable Soup

Entrées

@ Braised Moroccan Chicken w / White Beans
Spinach & Feta Quiche

Grill

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

Sandwiches are also available

Accompaniments

Bermuda Blend
(Broccoli, Carrots, Green Beans, & Peppers)
Roasted Sweet Potatoes
Steamed Brussels Sprouts
Buttermilk Biscuits



DINNER

Starters

Pina Colada Carrot Salad
Beef Vegetable Soup

Entrées

Roasted Tom Turkey, Dressing & Giblet Gravy
Fried Catfish w / Hushpuppies

Grill

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

Accompaniments

Ratatouille
Broccoli
Mashed Potatoes
Buttermilk Biscuits

Desserts

Fruit of Harvest Pie

FRIDAY DINING DEC. 30 ; JAN. 27; FEB. 24 WK 2

LUNCH

Starters

Broccoli & Cauliflower Salad
French Onion Soup

Entrées

Ground Beef Taco Salad
Ham & Cheddar Cheese Omelet

Grill

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

Sandwiches are also available

Accompaniments

Green Peas
Roasted Butternut Squash
Crusty Kaiser Roll



DINNER

Starters

Broccoli & Cauliflower Salad
French Onion Soup

Entrées

@ Seared Scallops w / Herb Wine Sauced & Linguini (Healthy Choice)
Honey Mustard Airline Chicken Breast

Grill

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

Accompaniments

Baked Fennel w / Parmesan
Sauteed Spinach

Crusty Kaiser Roll

Desserts

Southern Sweet Potato Cobbler

WEDNESDAY DINING JAN. 4; FEB. 1; MARCH 1 WK 3

LUNCH

Starters

Greek Pasta Salad
Chicken Noodle Soup

Entrées

Chicken Livers & Onions

@Black Bean & Rice Enchiladas (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Lima Beans
Green Peas
Barley
Dinner Roll



DINNER

Starters

Greek Pasta Salad
Chicken Noodle Soup

Entrées

Lasagna Bolognese w / Garlic Toast

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

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
Dinner Roll

Desserts

Fruit Cocktail Bread Pudding w / Pineapple Sauce

TUESDAY DINING JAN. 3; JAN. 31; FEB. 28 WK 3

LUNCH

Starters

Cucumber & Tomato Salad
Lentil Soup

Entrées

@Broccoli & Cheddar Quiche (Healthy Choice)
Meatball Sub Sandwich

Grill

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

Sandwiches are also available

Accompaniments

Sautéed Kale
French Fries
Buttered Carrots



DINNER

Starters

Cucumber & Tomato Salad
Lentil Soup

Entrées

@Chicken, Artichoke & Spinach Casserole (Healthy Choice)
Slow Cooked Beef Brisket w / Gravy

Grill

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

Accompaniments

Green Beans
Yellow Squash w / Red Peppers
Mashed Potatoes
Sliced Baguettes

Desserts

Pecan Pie

SATURDAY DINING DEC. 31; JAN. 28; FEB. 25; WK 2

LUNCH

Starters

Butternut Squash Salad w / Dried Cherries, Feta Cheese & Balsamic
Vinaigrette
New England Clam Chowder

Entrées

Cheese Burger on Bun
Chicken, Spinach & Artichoke Bake

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
Bavarian Brown Bread



DINNER

Starters

Butternut Squash Salad w / Dried Cherries, Feta Cheese & Balsamic
Vinaigrette
New England Clam Chowder

Entrées

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

Grill

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

Accompaniments

Petit Green Beans
*Harvard Beets
Mashed Yams
Bavarian Brown Bread

Desserts

Turtle Cheesecake

SUNDAY DINING JAN. 1; JAN. 29; FEB. 26 WK 3

LUNCH

Starters

Surimi & Shrimp Salad
*Seafood & Andouille Gumbo

Entrées

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

Pancake Breakfast w / Choice of Eggs

Chicken Breast A La Kiev

Grill

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

Accompaniments

Waxed Beans
Buttered Carrots
Pan-Fried Hash Brown
Assorted Rolls

DINNER

Starters

Surimi & Shrimp Salad
*Seafood & Andouille Gumbo

Entrées

Gourmet Pimiento Grilled Cheese Sandwich w / Thin Sliced Country
Ham

@Baked Trout w / Lemon Butter (Healthy Choice)

Grill

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

Accompaniments

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

Desserts

High Piled Apple Pie

MONDAY DINING JAN. 2; JAN 30; FEB. 27 WK 3

LUNCH

Starters

Chunky Apple Sauce
Vegetable Soup

Entrées

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

Grill

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

Sandwiches are also available

Accompaniments

Okra & Tomatoes
Sugar Snap Peas



DINNER

Starters

Chunky Apple Sauce
Vegetable Soup

Entrées

@Shrimp w / Lemon Caper Sauce (Healthy Choice)
Rosemary Roast Pork Loin w / Marmalade Glaze

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
Fresh Baked Muffins

Desserts

Carrot Cake