



*Rappahannock
Westminister-Canterbury
Irvington, Virginia*

Spring, 2023

Dining Menu



132 LANCASTER DRIVE, IRVINGTON, VA. 22480

804-438-4000

WWW.RW-C.ORG

Rappahannock Westminster-Canterbury
Sunday Dining Mar. 19, Apr. 16, May 14; Jun. 11

Lunch

Starters

Seafood Cioppino Soup
Pickled Beet Salad

Entrées

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

Grill

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

Accompaniments

Roasted Brussels Sprouts, Roma Tomato Casserole
Hash Brown Potatoes
Corn Muffin

Dinner

Starters

Seafood Cioppino Soup
Pickled Beet Salad

Entrées

Broccoli Chicken Divan (Healthy Choice)
Grilled Hot Dog w/Fixings and Cole Slaw

Grill

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

Accompaniments

Italian Cut Green Beans
Steamed Yellow Squash
Baked Beans
Corn Muffin

Desserts

LUNCH

Chocolate Cream Pie

DINNER

Cookies

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



132 LANCASTER DRIVE, IRVINGTON, VA. 22480

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Rappahannock Westminister-Canterbury
Monday Dining Mar. 20, Apr. 17; May 15; Jun. 12

Lunch

Starters

Zucchini & Leek Soup
Marinated Cucumber Salad

Entrées

*Western Omelet w / Blueberry Muffin (Healthy Choice)
Italian Sausage w / Peppers & Onions (bun & spicy brown mustard)

Grill

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

Sandwiches are also available

Accompaniments

Wax Beans, Sauteed Mushroom
Parmesan Orzo

Dinner

Starters

Zucchini & Leek Soup
Marinated Cucumber Salad

Entrées

Spaghetti w/ Bolognese Sauce
RWC Salad (Healthy Choice)

Grill

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

Accompaniments

Ratatouille
Olive Oil Roasted Cauliflower
Italian Garlic Bread

Desserts

Caramel Vanilla Crunch Cake

Rappahannock Westminster-Canterbury
Tuesday Dining Mar. 21; Apr. 18; May 16; Jun. 13

Lunch

Starters

White Bean & Fennel Soup
Apple & Pecans Salad w / Maple Syrup

Entrées

*Flounder w / Lemon Butter & Chives (Healthy Choice)
Creamy Paprika Pork

Grill

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

Accompaniments

Lima Bean, Roasted Artichokes; Rice Pliaf

Dinner

Starters

White Bean & Fennel Soup
Apple & Pecans Salad w / Maple Syrup

Entrées

Corned Beef
*Chicken, Artichoke & Spinach Casserole (Healthy Choice)

Grill

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

Accompaniments

Cabbage
Baby Carrots
Parslied Red Potatoes
Lemon Blueberry Scone

Desserts

Pan Eclair

NOTES

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Rappahannock Westminster-Canterbury
Wednesday Dining Mar. 22; Apr. 19; May 17; Jun. 14

Lunch

Starters

Ham and Potato Chowder
Artichoke & Asparagus Salad

Entrées

*Oyster Caesar Salad (Healthy Choice)
Pulled Pork BBQ w / Slaw on Soft Potato Bun

Grill

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

Sandwiches are also available

Accompaniments

Green Peas, Corn Cobette
Baked Potato Wedge

Dinner

Starters

Ham and Potato Chowder
Artichoke & Asparagus Salad

Entrées

*Scallop & Snow Pea Stir Fry (Healthy Choice)
Beef and Broccoli

Grill

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

Accompaniments

Mixed Oriental Style Vegetables
Sesame Green Beans
Jasmine Rice
Egg Roll w / Duck Sauce (1)
Cheesy Naan Bread

Desserts

Warm Fudge Brownie Sundae

Rappahannock Westminster-Canterbury
Thursday Dining Mar. 23; Apr. 20; May 18; Jun. 15

Lunch

Starters

Cream of Wild Mushroom Soup
Red Skinned Potato Salad

Entrées

*Vegetarian Quiche
Slow Cooked Tropical Pork Chops

Grill

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

Sandwiches are also available

Accompaniments

Buttered Sliced Beets; Sugar Snap Peas
Baked Sweet Potato

Starters

Dinner

Cream of Wild Mushroom Soup
Red Skinned Potato Salad

Entrées

*Oven-Roasted BBQ Chicken (Healthy Choice)
Kielbasa w / Kraut & Apples

Grill

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

Accompaniments

Sauteed Spinach
Maple Glazed Acorn Squash
Mac & Cheese

Honey Biscuit

Desserts

Yellow Cake w / Chocolate Icing

WK 1

Related Phone Numbers:

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

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

Bacon Cheeseburger Casserole-ground beef, chopped bacon, onion powder, tomato paste, heavy cream topped with grated cheddar cheese

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.

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

Flounder-Meuniere Almondine— Flounder dredge in flour, dipped in egg wash coated with Panko Crumb sauteed for 5 minutes and served 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.

Lamb Ragout— ground Lamb with white wine, finely chopped carrots, onions, garlic, rosemary, ricotta cheese and crushed tomatoes seared with over bowtie pasta

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

Mara Sweet Salad— Mandarin oranges, slice peaches, pineapples Coconut, sour cream and whip topping

Minestrone Vegan Soup-wheat pasta with tomato sauce, diced onions, celery, carrots, cabbage, tomatoes, dried basil, dried Oregon kidney beans, garbanzo beans with a chicken broth.

Northern Neck Chicken Salad – Chunky Chicken Salad w/ red and green grapes, pecans, celery, mayo, sour cream and fresh parsley.

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

Rappahannock Westminster-Canterbury
Friday Dining Mar. 24; Apr. 21; May 19; Jun. 16

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

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.

@ Menu Item Descriptions

*** Healthy Choice Descriptions**

Lunch

Starters

Coconut Curry Vegetable Soup
Black Bean, Tomato & Corn Salad

Entrées

*Vegetarian Pizza on Cauliflower Crust (Healthy Choice)
Calves Liver w / Onions & Bacon

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

Starters

Coconut Curry Vegetable Soup
Black Bean, Tomato & Corn Salad

Entrées

*Roasted Veal Round w / Madeira Mushrooms (Healthy Choice)
Seafood Au Gratin

Grill

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

Accompaniments

Buttered Egg Noodles
Steamed Broccoli
Candy Cain Beets Blend
(candy cane beets, golden beets, diced sweet potatoes & fennel)

Honey Biscuit

Desserts

Piled High Apple Pie

Rappahannock Westminster-Canterbury
Saturday Dining Mar.25; Apr. 22; May 20; Jun. 17

Lunch

Starters

Mushrooms & Barley Soup
Italian Pasta Salad

Entrées

3 Cheese Quesadilla with Salsa & Sour Cream
*Chicken Fajitas w Flour Tortilla (Healthy Choice)
(chicken strips, black beans, peppers & onions)

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
Spanish Rice, Cranberry Muffin

Dinner

Starters

Mushrooms & Barley Soup
Italian Pasta Salad

Entrées

Lamb Roast w/ Mint Jelly
*Greek Shrimp (Healthy Choice)
(artichokes, olives, tomato & feta)

Grill

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

Accompaniments

Asparagus; Carrots
Rosemary Roasted New Potatoes

Brown Bread

Desserts

LUNCH—Cookies

DINNER—Carrot Cake

WK 1

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

Lunch

Starters

Chicken, Spinach & Pesto Soup
Cole Slaw

Entrées

*California Club (Turkey, Swiss, Avocado, Bacon, Lettuce, Tomato, Mayo) *(omit bacon and mayo) Healthy Choice
Fish & Chips

Grill

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

Sandwiches are also available

Accompaniments

Corn Kernels, Peas & Pearl Onions, Steak Fries

Dinner

Starters

Chicken, Spinach & Pesto Soup
Cole Slaw

Entrées

*Baked Salmon w / Dill Cream Sauce (Healthy Choice)
Grilled Rib-Eye Steak w / BBQ Onions

Grill

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

Accompaniments

@Cauliflower Polonaise
Swiss Chard
Roasted Lemon Potatoes

Croissant

Desserts

LUNCH—Cookies

DINNER—Old Fashion Bread Pudding w / Rum Sauce

WK 4

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

Lunch

Starters

Cream of Leek Soup
Fresh Berries Salad w / Raspberry Dressing

Entrées

Shrimp & Crabmeat Quiche
*Pork Carnitas w / Cole Slaw & Picked Red Onions on Soft Flour
Tortilla (Healthy Choice)

Grill

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

Accompaniments

Ratatouille, Stewed Tomatoes, Buttered Orzo, Blueberry Scone

Dinner

Starters

Cream of Leek Soup
Fresh Berries Salad w / Raspberry Dressing

Entrées

*Peppercorn Tenderloin Medallions w / Red Wine & Cognac Reduction
(Healthy Choice)
Fried Oysters w / Caroline Slaw

Grill

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

Accompaniments

Asparagus, Baked Tomato Half w / Pesto
Baked Potato

Chive & Cheddar Dinner Roll

Desserts

Cherry Pie

WK 4

Rappahannock Westminster-Canterbury
Sunday Dining Mar. 26; Apr. 23; May 21

Lunch

Starters

French Spring Soup (Asparagus, Leeks, Carrots)
Grapefruit Sections

Entrées

@Challah Bread French Toast w/ Strawberries and Pepper Bacon
Chef-Carved Roasted New York Striploin w / Horseradish Chantilly
*Chicken Piccata (Healthy Choice)

Grill

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

Accompaniments

Sautéed Mushrooms, Roasted Artichokes, Baked Potato
Artisan Dinner Roll

Dinner

Starters

French Spring Soup (Asparagus, Leeks, Carrots)
Grapefruit Sections

Entrées

Ham & Broccoli Macaroni Casserole
*Asian Chicken Salad (Healthy Choice)
(grilled chicken over spinach w / mandarin oranges, radish &
sesame-ginger vinaigrette-Healthy Choice)

Grill

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

Accompaniments

Quinoa Vegetable Blend
(white and red quinoa, young green chickpeas, kale and edamame)
Buttered Corn Kernels
Blueberry Muffin

Desserts

LUNCH—Assorted Desserts
DINNER—Cookies

WK 2

Rappahannock Westminster-Canterbury
Monday Dining March 27; Apr. 24; May 22

Lunch

Starters

Cheddar Cheese Soup
Marinated Mushroom Salad

Entrées

*Curry Chicken Lettuce Wrap (Healthy Choice)
@Baked Ziti w / Garlic Toast

Grill

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

Accompaniments

Broccolini, French Fries
Sautéed Snow Peas

Dinner

Starters

Cheddar Cheese Soup
Marinated Mushroom Salad

Entrée

Bangers & Mash
Jumbo Bang Bang Shrimp (16/ 20 shrimp, sweet chili sauce & green onions)

Flounder Francaise

*Baked Flounder w / Olive Oil Herbs (Healthy Choice)

Grill

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

Accompaniments

Green Peas
Steamed Buttered Beets
Brown Rice

Poppy Seed Roll

Desserts

Tiramisu

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

Lunch

Starters

Stuffed Pepper Soup
Vietnamese Picked Cabbage Salad

Entrées

RW-C Dinner Salad
*Orange Glazed Chicken Thigh (Healthy Choice)

Grill

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

Accompaniments

Sautéed Kale
Prince Edward Blend Vegetables (carrots, green & wax beans)
Barley Pilaf, Lemon Poppy Seed Muffin

Dinner

Starters

Stuffed Pepper Soup
Vietnamese Picked Cabbage Salad

Entrées

General Tsa Chicken
Chesapeake Crabmeat Omelet
*Plain Omelet (Healthy Choice)

Grill

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

Accompaniments

Acorn Squash w/ Maple Butter
Fried Apples
Vegetable Fried Rice

Butter & Chive Biscuit

Desserts

Homemade Chocolate Cake

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

Lunch

Starters

Creamy Asparagus & Potato Soup
@Mara Sweet Salad

Entrées

* @Lamb Ragout w / Ricotta & Mint (Healthy Choice)
Shrimp Burger w / Sweet & Spicy Tartar Sauce & Battered Fried Avocado

Grill

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

Accompaniments

Broccolini
Roasted Fennel, Farfalle Pasta

Dinner

Starters

Creamy Asparagus & Potato Soup
@Mara Sweet Salad

Entrées

*Spinach & Artichoke Stuffed Flounder (Healthy Choice)
Slow Cooked Country Ribs w / Mango Chutney

Grill

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

Accompaniments

Sugar Snap Peas, Buttered Beets
Baked Sweet Potato

Crispy Baguette

Desserts

Mango Crumb Bars

WK 4

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

Lunch

Starters

Chicken & Corn Chowder
Ambrosia Salad

Entrées

Grilled Chicken w / Tortellini Alfredo
*Marinated Grilled Chicken Breast (Healthy Choice)
Sausage & Eggplant Casserole

Grill

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

Accompaniments

Cauliflower Florets, Edamame Succotash,
Malibu Vegetable Blend (orange & yellow carrots w / broccoli)

Dinner

Starters

Chicken & Corn Chowder
Ambrosia Salad

Entrées

Southern Meatloaf w / Gravy
Cobb Salad Platter
(Bacon, Chicken, Blue Cheese, Egg, Avocado and Tomato)
*Option to omit Bacon & Cheese-(Healthy Choice)

Grill

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

Accompaniments

Spinach Casserole
Baby Carrots w / Fresh Dill
Mashed Potatoes

Cinnamon Scone

Desserts

Cracker Pudding w / Warm Vanilla Sauce

WK 2

Rappahannock Westminster-Canterbury
Wednesday Dining March 29, April 26, May 24

Lunch

Starters

Pasta Fagioli Soup
Fennel Cole Slaw Salad

Entrées

*Vegetable Frittata (Healthy Choice)
Peachy Pork Tenderloin

Grill

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

Sandwiches are also available

Accompaniments

@5-Way Vegetable (sweet corn, carrots, cut green beans, peas, lima beans)

Corn Cobette

Roasted Raspberry Glazed Brussel Sprouts w / Craisins, Croissant

Dinner

Starters

Pasta Fagioli Soup
Fennel Cole Slaw Salad

Entrées

Beef Paprikisk over Noodles
*Roasted Turkey Breast w / Cranberry Chutney (Healthy Choice)

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 11; May 9; Jun. 6

Lunch

Starters

Turkey Chili
Mediterranean Salad

Entrées

Classic French Dip
(Thin Sliced Beef on Sub Roll w / Au Jus)
Linguine w / White Clam Sauce
*4oz Sliced Beef (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Spaghetti Squash; Sauteed Brussel Sprouts

Dinner

Starters

Turkey Chili
Mediterranean Salad

Entrées

Beef Stew (carrots, onion, celery & potatoes)
*Greek Dinner Salad
(w / Calamata Olives, Cucumbers, Red Onions, Cherry Tomatoes, Feta Cheese, Croutons & Greek Vinaigrette) (Healthy Choice)

Grill

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

Accompaniments

Roasted Eggplant
Sauteed Spinach
Cranberry & Orange Scone

Desserts

No Bake Pineapple Cream Pie

WK 4

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

Lunch

Starters

Quinoa Vegetable Soup
Dill Cucumber & Onion Salad

Entrées

Chicken Breast w / Mushrooms & Smoked Gouda
Sweet Potato Shepherd's Pie
*Pan Seared Fish w / Olive Oil (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Pacific Blend (Sugar Snaps, Carrots & Broccoli) , Parmesan Orzo
Okra & Tomatoes

Dinner

Starters

Quinoa Vegetable Soup
Dill Cucumber & Onion Salad

Entrées

*Broiled Sea Scallops w/ White Wine & Herbs (Healthy Choice)
Half Roasted Cornish Game Hen w / Traditional Dressing & Gravy

Grill

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

Accompaniments

Steamed Baby Carrots, Spinach & Artichoke Casserole
Fluffy White Rice

Focaccia Blend

Desserts

Lemon Berry Crème Cake

WK 4

Rappahannock Westminster-Canterbury
Thursday Dining March 30; April 27; May 25

Lunch

Starters

Cuban Black Bean Soup
Green Pea Salad

Entrées

*Chicken & Mango Stir Fry (Healthy Choice)
Grilled Ham Steak w / Marmalade Sauce

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

Starters

Cuban Black Bean Soup
Green Pea Salad

Entrées

Tender Sweet & Sour Pork Chops
Fried Catfish w / Tartar Sauce & Hushpuppies
*Sautéed Lemon Catfish (Healthy Choice)

Grill

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

Accompaniments

Sugar Snap Peas
California Blend (Broccoli, Cauliflower Florets & Carrots)
Fried Apples

Buttermilk Biscuit

Desserts

Lemon Bars

WK 2

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

Lunch

Starters

New England Clam Chowder
Spaghetti Pasta Salad

Entrées

*Balsamic Marinated Ginger Flank Steak w / Blue Cheese Crumbles
(Healthy Choice)

Chicken Taco Quiche (quiche w / chicken, cheddar & taco seasoning)

Select Grill

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

Sandwiches are also available

Accompaniments

Sauteed Pepper Medley
Scaloped Potatoes, Spaghetti Squash

Dinner

Starters

New England Clam Chowder
Spaghetti Pasta Salad

Entrées

Apple Stuffed Pork Loin w / Apple Butter Glaze

*Shrimp Provencal (Healthy Choice)

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 9; May 7; Jun. 4

Lunch

Starters

Golden Gouda Mushroom Soup
Orzo Salad

Entrées

Eggs Benedict w / Smoked Salmon & Tarragon Sauce & Pepper Bacon

*Roasted Chicken Thigh w / Spiced Apple Chutney (Healthy Choice)

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

Starters

Golden Gouda Mushroom Soup
Orzo Salad

Entrées

Spinach 3-Cheese Ravioli w / Pesto Sauce

Bacon, Cheddar Cheese Burger

*Sauteed Shrimp w / Fresh Chives (Healthy Choice)

Grill

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

Accompaniments

Zucchini
Succotash
Side Winder Fries

Desserts

LUNCH- Key Lime Pie

DINNER- Cookies

WK 4

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

Lunch

Starters

Sun-Dried Tomato Tortellini Soup
Cole Slaw

Entrées

Cashew Chicken (toasted coconut & cashews)
*Baked Cod w / Curry Sauce (Healthy Choice)

Grill

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

Accompaniments

Oriental Blend; Boy Choy; Toasted Almond Cous Cous

Dinner

Starters

Sun-Dried Tomato Tortellini Soup
Cole Slaw

Entrées

Crabmeat Casserole
*Roasted Tenderloin w / Sauce Chasseur (Demi Glace w / white wine,
mushrooms, shallots & parsley) (Healthy Choice)

Grill

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

Accompaniments

Asparagus
@Harvard Beets
Roasted Tri-Colored Potatoes
Brioche Dinner Roll

Desserts

LUNCH - Cookies

DINNER –German Chocolate Cake

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

Lunch

Starters

White Bean Fennel Soup
Pickled Squash Salad

Entrées

*Chicken Florentine Salad w / Cranberry Muffin (Healthy Choice)
Hamburger on Potato Bun
(w / lettuce, tomato & sliced red onions)

Select Grill

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

Accompaniments

Cauliflower Au Gratin; Buttered Green Peas; Steak Fries

Dinner

Starters

White Bean Fennel Soup
Pickled Squash Salad

Entrées

Red Wine Braised Short Ribs
*Baked Salmon w / Lemon Chive Butter (Healthy Choice)

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

Kaiser Dinner Roll

Desserts

LUNCH—Cookies

DINNER—Caramel Mascarpone Cake

Rappahannock Westminster-Canterbury
Sunday Dining April 2; April 30, May 28

Lunch

Starters

Curried Carrot w / Tarragon Soup
Three Bean Salad

Entrées

@Flounder Meuniere Almondine

*Baked Flounder (Healthy Choice)

Prime Rib of Beef w / Red Wine Caramelized Onions
Breakfast Casserole

Grill

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

Accompaniments

Burgundy Mushrooms; Orange Glazed Beets
Cheesy Hash Brown Bake , French Dinner Roll

Dinner

Starters

Curried Carrot w / Tarragon Soup
Three Bean Salad

Entrées

Fried Chicken

*Bacon Cheeseburger Casserole

Grill

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

Accompaniments

Sugar Snaps Peas
Squash Medley
Lemon Poppy Seed Muffin

Desserts

LUNCH—Chocolate Chip Mousse Cake

DINNER—Cookies

WK 3

Rappahannock Westminster-Canterbury
Friday Dining April 7; May 5; Jun. 2

Lunch

Starters

@Vegan Minestrone Soup
Carrot Craisin Salad

Entrées

*Northern Neck Chicken & Fruit Salad Platter (Healthy Choice)
Tuna Noodle Casserole

Select Grill

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

Sandwiches are also available

Accompaniments

Fried Cauliflower, Capri Blend (Carrot, French Bean, Yellow Squash
& Zucchini) , Banana Nut Muffin

Dinner

Starters

@Vegan Minestrone Soup
Carrot Craisin Salad

Entrées

Fried Shrimp w / @Remoulade Sauce

Baked Ham w / Grilled Pineapple

*Sautéed Shrimp w / White Wine & Capers (Healthy Choice)

Grill

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

Accompaniments

Spinach & Mushroom Casserole; Scandinavian Blend Vegetable
Baked Sweet Potato
Wheat Dinner Roll

Desserts

Orange Pound Cake

WK 3

Lunch

Starters

Manhattan Clam Chowder
Edamame Quinoa Salad

Entrées

Fish Cakes w/ Tartar Sauce
*Tuscan Pork Pasta (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Sauteed Mixed Peppers, Baked Tomato Wedge w/ Basil
Onion Rings

Dinner

Starters

Manhattan Clam Chowder
Edamame Quinoa Salad

Entrées

*Grilled Tuna Steak w / Seaweed Salad (Healthy Choice)
Slow Cooked Beef Brisket w/ Merlot Sauce

Grill

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

Accompaniments

Braised Red Cabbage, Yukon Gold Mashed Potatoes,
Petit Green Beans
Bavarian Brown Bread

Desserts

Lemon Raspberry Bread Pudding w / Lemon Sauce

Lunch

Starters

Fish Chowder
Tropical Fruit Salad

Entrées

Broccoli & Brie' Quiche
*Sauteed Shrimp w / Fresh Lemon & Olive Oil (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Roasted Cherry Tomatoes w / Balsamic Vinaigrette,
Grilled Zucchini Planks, Steamed White Rice
Cranberry Orange Scone

Dinner

Starters

Fish Chowder
Tropical Fruit Salad

Entrées

Baked Pork Chop w / Onions
Spinach & Feta Cheese Omelet
*Spinach Omelet (Healthy Choice)

Grill

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

Accompaniments

Fried Apples
Buttered Asparagus
@Lyonnaise Potatoes
Honey Ranch Dinner Roll

Desserts

Cookies Creme Pie

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

Lunch

Starters

Clam, Ginger & Noodle Soup
Broccoli Salad

Entrées

*Baked Trout w / Lemon Butter (Healthy Choice)
Stir-Fry Beef in Oyster Sauce

Grill

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

Sandwiches are also available

Accompaniments

Sautéed Napa Cabbage, Mandarin Vegetable Blend (Broccoli, Pea Pods,
Carrots, Baby Corn & Onion) ; Jasmine Rice

Dinner

Starters

Clam, Ginger & Noodle Soup
Broccoli Salad

Entrées

Meatloaf w / Gravy
*BBQ Chicken (Healthy Choice)

Grill

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

Accompaniments

Stewed Plum Tomatoes
Green Peas
Mac & Cheese

Butter Biscuit

Desserts

Fresh Raspberry Crisp

WK 3

Rappahannock Westminster-Canterbury
Wednesday Dining April 5; May 3; May 31

Lunch

Starters

Beef, Barley & Lentil Soup
Marinated Tomato & Onion Salad

Entrées

Flatbread Pepperoni Pizza
@Chicken Chimichanga

*Grilled Chicken Breast w / Sautéed Veggies (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Spanish Rice, Parslied Carrots, Black Beans & Corn

Dinner

Starters

Beef, Barley & Lentil Soup
Marinated Tomato & Onion Salad

Entrées

*Baked Flounder w / Artichokes & Olives (Healthy Choice)
Veal Parmesan w / Garlic Toast

Grill

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

Accompaniments

Buttered Cauliflower
Green Beans
Buttered Linguini Pasta

Desserts

Homemade Peanut Butter Cake

WK 3