

*Rappahannock
Westminster-Canterbury
Irvington, Virginia*

Summer, 2023

Dining Menu



Rappahannock Westminster-Canterbury
Sunday Dining June 18 ; July 16; Aug. 13; Sept 10

Lunch

Watermelon Soup
Pickled Beet Salad

Entrée Choices

Traditional Eggs Benedict
@Chicken Framboise w / Raspberries
Crabmeat Quiche
* Healthy Choice-Plain Grilled Chicken

Select Grill

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

Accompaniments

Sauteed Petite Green Beans, Baked Parmesan Heirloom Tomatoes
Anna Potatoes, Blueberry Scone

Dinner

Watermelon Soup
Pickled Beet Salad

Entrée Choices

Southwestern Spaghetti
(zucchini, tomatoes, ground beef, cumin, cheddar)
BLT Dinner Salad
(iceberg, heirloom tomato, bacon, blue cheese, crouton)
*Healthy Choice without the Bacon

Select Grill

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

Accompaniments

Sauteed Yellow Squash, Sliced Carrots w / Fresh Dill
Garlic Bread

Desserts

Lunch- Crème Brule Cheese Cake

Dinner—Cookies

NOTES

Veal Florentine-Veal cutlet pounded out and top with spinach and mozzarella cheese

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

Lunch

Beef Vegetable Soup
3-Bean Salad

Entrée Choices

*Balsamic Marinated Flank Steak
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

Pineapple Casserole, Summer Vegetable Medley
Baked Sweet Potato, Yeast Dinner Roll

Dinner

Beef Vegetable Soup
3-Bean Salad

Entrée Choices

Fried Shrimp w / Cole Slaw
*Sautéed Shrimp w / Fresh Chives
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 20, July 18; Aug. 15; Sept. 12

Lunch

Chicken w / Orzo Soup
Greek Pesto Pasta Salad

Entrée Choices

Chicken Breast Marsala w / Cheesey Risotto & Toasted French Bread
*Healthy Choice-Grilled Chicken
Rueben Sandwich

Select Grill

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

Sandwiches are also available

Accompaniments

Fried Green Tomatoes, Sauteed Snow Peas; Parmesan Potato Wedges,
Poppy Seed Roll

Dinner

Chicken w / Orzo Soup
Greek Pesto Pasta Salad

Entrée Choices

Fried Chicken
*Healthy Choice- Baked Chicken
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

Pineapple Dump Cake

Menu Item Descriptions

Summer Vegetable Quiche-Broccoli, florets, diced yellow squash, diced red pepper, diced white onion, onion powder, basil, liquid eggs and heavy cream bake in a pie shell.

Turkey Cutlet Marsala- Turkey cutlet, dusted with flour and cooked in chicken stock and Marsala wine.

Turkey Lettuce Wrap-Cooked ground turkey wrapped in a Romaine lettuce leaf

Veal Florentine-Veal cutlet topped with spinach and mozzarella cheese

Veal Piccata-Veal, cutlet and capers, cooked in a white wine and chicken stock.

Veal Saltimbocca with Marsal Mushrooms- Veal cutlet floured and pan sautéed. Served with a brandy, garlic, shallots sauce with a sage leave on top and prosciutto and mushrooms.

Vegan Butternut Squash Casserole- Mashed butternut squash combined with cinnamon, nutmeg, sugar, vanilla, crush pineapple, pineapple juice, and topped with chopped walnuts. Baked.

***Menu Item Descriptions**

Airline Chicken Forestiere- a boneless **chicken** breast with the drumette attached. The breast is skin-on, and the first wing joint and tender are served with a mushroom sauce.

Carnitas Huevos Rancheros - Boneless pork shoulder, butt roasted and shredded with a fork. The meat is mixed with black beans, garlic, green chiles and chicken broth, then topped with salsa, a fried egg and avocado. It is served with tortillas.

Chicken Cordon Bleu – Chicken breast pounded and coated with Panko Crumbs and deep fried then topped with shaved ham and Swiss cheese and served with a Spicy Tarragon Mustard Sauce.

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

Enchilada Baked Chicken Thighs-Boneless chicken thighs with enchilada sauce, shredded Cheddar cheese, sliced black olives and served with a garnish of sour cream, green onions and cilantro sprig.

Flounder Piccata– Flounder fried in oil with wine, capers, lemon juice and served with sautéed spinach.

General Tso's Chicken-Boneless Chicken thigh meat cubes, floured with cornstarch and deep fried, then tossed and baked in an Asian sauce

Israel couscous- Israel Couscous cooked with almonds, toasted, pomegranate seed, dried Apricots, scallions, crushed red peppers flakes with chicken stock

Italian Wedding Soup-Pork and beef meatballs, cooked with carrots, onions, kale, oregano and pasta in a chicken base

Lindenberg Potatoes– Whole potatoes baked with parsley and butter.

Loaded Nacho's Salad - ground Beef, diced tomatoes shredded Cheddar cheese, sliced black olives, Queso Blanco Sauce, Cheddar Cheese Sauce, guacamole, salsa, black beans, chopped green onions and sour cream served over lettuce with tri-colored tortilla chips.

Mushroom Duxelle Casserole– Button mushrooms baked with onions, heavy cream and cream cheese and topped with French fried onions.

Pork Bolognaise– Chunks of pork tenderloin simmered with onion, garlic, crushed tomatoes, mushrooms and Italian seasoning served over pasta.

Quinoa Pilaf– A gluten free seed flavored with vegetable stock or broth.

Roasted Moroccan Lamb– Leg of lamb marinated with olive oil, paprika, turmeric, cinnamon, cumin, ground coriander, sugar, parsley and onions spread on top.

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.

Shiraz Honey Sauce– Shiraz wine, honey beef broth and drippings from roast lamb

Schiacciata Bun-(ski-ah-achiata)-Mediterranean flavors of EVOO, sea salt rosemary, parsley and a hint of Lemon

Rappahannock Westminster-Canterbury
Wednesday Dining June 21; July 19; Aug. 16; Sept 13

Lunch

Kale Soup
Pina-Colada Fluff Salad

Entrée Choices

*Vegetable Fettuccine Primavera Bowl w / Garlic Bread
Steak Fajitas

Select Grill

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

Sandwiches are also available

Accompaniments

Broccoli, Buttered Corn Cobbett
Spinach Rice

Dinner

Kale Soup
Pina-Colada Fluff Salad

Entrée Choices

*Grilled Chicken Caesar Salad w / Lemon Scone
Mozzarella Stuffed Pesto Burger w / Pesto Mayo & Battered Artichokes

Select Grill

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

Accompaniments

Roasted Squash Medley
Berry Battered Onion Rings

Desserts

Millionaire Pie

Rappahannock Westminster-Canterbury
Thursday June 22; July 20; Aug. 17; Sept 14

Lunch

Chilled Peach Soup
Asian Style Slaw

Entrée Choices

Carnitas Huevos Rancheros w / Sunny Side-Up Egg
Catfish Fingers w / Pickle Remoulade
*Baked Catfish w / Dill

Select Grill

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

Accompaniments

Sugar Snap Peas; Okra w / Sweet Onions
Hash Browned Potatoes; Corn Muffin

Dinner

Chilled Peach Soup
Asian Style Slaw

Entrée Choices

Chinese Spareribs
@General Tso's Chicken
*Grilled Marinated Chicken Breast

Select Grill

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

Accompaniments

Stir-Fry Vegetables
Asian Brussel Sprouts
Ramen Noodles
Egg Roll

Cheesy Naan Bread

Desserts

Peach Pecan Crisp w / Maple Cream

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
Sherman Toulson # 4015– Production Manager
Dot Taylor #4017– Sanitation Manager
Tara Mathis-Dietitian—cell 804-832-6374
Chef TV Flynn- #4019—Chef

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.

@ Item Descriptions

*** Healthy Choice Descriptions**

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

What meals are charged?

*Holiday Meals (Special Brunches) such as Memorial Day, Labor Day, Mother's Day, Father's Day, Thanksgiving, Christmas, New Year's Day **WILL BE CHARGED AS A MEAL** This include "to-go boxed dinner meals when the Grille is closed in the evening.*

*Special Events such as Kentucky Derby, Super Bowl, Mardi Gras, Dinner/Dance that are sponsored by Resident Life **WILL NOT BE CHARGED AS A MEAL** "To-go Boxed dinner meals when the Grilled is closed in the evening **ARE CHAREGED AS A MEAL.***

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

Lunch

Summer Squash Soup
Black Bean & Corn Salad

Entrée Choices

Spinach Lasagna
*Cilantro Lime Chicken Thighs

Select Grill

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

Sandwiches are also available

Accompaniments

Succotash
Coconut Rice
Focaccia Bread

Dinner

Summer Squash Soup
Black Bean & Corn Salad

Entrée Choices

Fried Shrimp & Crab Po'Boy w / Green Beans Fries
(crabmeat, fried shrimp, lettuce, tomato)

*@Roasted Moroccan Lamb w / Shiraz Honey Sauce (Healthy Choice)

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 Cobbler

Rappahannock Westminster-Canterbury
Saturday Dining June 24; July 22; Aug. 19; Sept 16

Lunch

Fresh Chopped Spinach & Ginger Soup
Green Pea Salad

Entrée Choices

Hamburger on Potato Bun, Choice of American, Swiss or Cheddar Cheese
*Baked Flounder 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
Baked Pinto Beans

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
Roasted Red Potatoes
Sautéed Fennel & Leeks
Bread Sticks

Desserts

Lunch -Cookies

Dinner -Ricotta Cheese Cake

WK 1

Rappahannock Westminster-Canterbury
Saturday Dining July 15; Aug 12; Sept 9

Lunch

Senate Bean Soup
Cucumber, Tomato & Zucchini Salad

Entrée Choices

*Turkey Frank w / Sauerkraut
Chili Mac Casserole

Select Grill

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

Accompaniments

Monaco Vegetable Blend (wax & green beans, carrots), Broccoli
Sweet Potato Fries; French Bread Cheese Toast

Dinner

Senate Bean Soup
Cucumber, Tomato & Zucchini Salad

Entrée Choices

Chicken Caprese
*Roasted Herb Crusted Leg of Lamb

Select Grill

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

Accompaniments

Baked Acorn Squash
Sautéed Snow Peas w / Fresh Mint
Roasted Yukon Gold Potato
French Bread Cheese Toast

Desserts

Lunch- Cookies

Dinner-Blueberry Bread Pudding w / Homemade Vanilla Sauce

WK 4

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

Lunch

Chilled Green Tomato Soup w / Mini Cheese Croutons
Summer Squash & Tomato Salad

Entrée Choices

Swedish Meatballs w / Egg Noodles
*Triple Scoop Salad w / Sliced Melon Pistachio Muffin
(Chicken-Tuna-Egg)

Select Grill

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

Accompaniments

Roasted Artichokes, Late Summer Greens Sauté

Dinner

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

Entrée Choices

*Shrimp & Crabmeat Salad Platter w / Honey Cornbread Muffin
Grilled Rib-Eye Steak w / Roasted Corn Salad

Select Grill

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

Accompaniments

Roasted Golden Beets w / Pistachios & Thyme
Collard Greens
Twice Baked Potato

Desserts

Banana Pudding Pie

WK 4

Rappahannock Westminster-Canterbury
Sunday Dining June 25; July 23; Aug. 20;

Lunch

Summer Minestrone Soup
Tropical Fruit

Entrée Choices

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

Select Grill

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

Accompaniments

Asparagus, Sweet & Spicy Roasted Carrots
Tri-Colored Hash Potatoes; Artisan Roll

Dinner

Summer Minestrone Soup
Tropical Fruit

Entrée Choices

Fish & Chips
Cheese Ravioli w / Primavera Sauce
*Steamed Fish

Select Grill

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

Accompaniments

Fried Zucchini Coins, Wax Beans w / Red Pepper
Garlic Toast

Desserts

Lunch- Caramel Vanilla Crunch Cake

Dinner - Cookies

WK 2

Rappahannock Westminster-Canterbury
Monday Dining June 26; July 24; Aug 21

Lunch

Chicken & Rice Soup
Giardiniera Salad

Entrée Choices

Spinach & Ricotta Quiche
Crispy Fish Taco
*Broiled Fish Taco (Healthy Choice)

Select Grill

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

Sandwiches are also available

Accompaniments

Edamame, Roasted Julienne Vegetables
Orzo Pilaf; Cranberry Muffin

Dinner

Chicken and Rice Soup
Giardiniera Salad

Entrée Choices

*Asian Dinner Salad w / Sauteed Shrimp
Brown Sugar Dijon Crusted Pork Loin

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

Lemon Meringue Pie

WK 2

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

Lunch

Summer Corn Soup w / Crisp Prosciutto
Green Goddess Potato Salad

Entrée Choices

*Baked Pork Chop over Cherry Couscous
Fried Green Tomato BLT Stack w / Tomato Jam & Dot's Pimento
Cheese

Select Grill

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

Sandwiches are also available

Accompaniments

Sauteed Zucchini & Onions
Glorious Muffin

Dinner

Summer Corn Soup w / Crisp Prosciutto
Green Goddess Potato Salad

Entrée Choices

*@Veal Florentine over Pasta
Fried Trout w / Kohlrabi Slaw
Buffalo Burger w / Onion Straws

Select Grill

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

Accompaniments

Maple Green Beans & Raisins
Corn on the Cob
Vegetable Blend
Dinner Roll

Desserts

Bonefish Grill Coconut Pie w / Rum Sauce

WK 4

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

Lunch

Roasted Red Pepper Soup
Carrot Salad

Entrée Choices

@*Pork Bolognese over Whole Grain Linguine Noodles
Grilled Za'atar Chicken w / Watermelon & Cucumber Salad

Select Grill

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

Sandwiches are also available

Accompaniments

Balsamic Roasted Whole Beets
Broccolini
Homemade Garlic Bread

Dinner

Roasted Red Pepper Soup
Carrot Salad

Entrée Choices

Grilled Ground Beef Steak w / Sweet Onions & Mushrooms
*Cajun Shrimp and Rice

Select Grill

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

Accompaniments

Cheddar Tomato Cobbler, Balsamic Zucchini Wedges
Butternut Squash & Onions
Herb Biscuit

Desserts

Homemade Peanut Butter Cake

WK 4

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

Lunch

Chilled Carrot Soup w / Ginger & Turmeric Soup
Gazpacho Salad

Entrée Choices

Pulled Pork Sandwich w / Cole Slaw on a Bun
*Herb-Roasted Bone-in-Breast Chicken

Select Grill

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

Sandwiches are also available

Accompaniments

Broccolini; Peas & Shoe Peg Corn;
Fried Potato Wedge
Hawaiian Roll

Dinner

Chilled Carrot Soup w / Ginger & Turmeric
Gazpacho Salad

Entrée Choices

*Grilled Mahi-Mahi w / Pineapple Salsa
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
Parslied Red Potatoes
Sauted Mix Greens

Cheddar & Chive Biscuit

Desserts

Peach Crisp

WK 2

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

Lunch

German Potato Soup
Orange Fluff Salad

Entrée Choices

Tortellini Primavera w / Garlic Cream Sauce Garnished w / Shaved Parmesan
*Lamb Burger w / Tomato, Cucumbers, Red Onion Feta & Tzatziki Sauce

Select Grill

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

Accompaniments

Mediterranean Roasted Artichokes, Green Beans
Lemon Orzo w / Parmesan & Peas, Focaccia Potato Bread

Dinner

German Potato Soup
Orange Fluff Salad

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

Roasted Parsnips
Sauteed Sugar Snap Peas
@Lindenberg Potatoes

Focaccia Potato Bread

Desserts

Pistachio Cake

WK 2

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

Lunch

Vichyssoise
Minty Watermelon & Cucumber Salad

Entrée Choices

Pizza Chicken Burger on Potato Bun
*Flounder in Lemon Butter Sauce

Select Grill

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

Sandwiches are also available

Accompaniments

Ratatouille; White Cheddar Baked Corn; Side Winder Fries; Dinner Roll

Dinner

Vichyssoise
Minty Watermelon & Cucumber Salad

Entrée Choices

Coquilles St. Jacques
(scallops & mushrooms sauce)
@RW- C Dinner Salad w / Cranberry Muffin
*Healthy Choice Salad made to order

Select Grill

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

Accompaniments

Roasted Coriander Carrots, Shaved Brussels Sprouts
Buttered Penne Pasta
Dinner Roll

Desserts

Chocolate Brownie w / Coffee Frosting

WK 4

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

Lunch

Greek Lemon Chicken Soup
Macaroni Salad

Entrée Choices

Veal Parmesan over Linguine Pasta
*Pesto Seared Tilapia (Healthy Choice)

Select Grill

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

Sandwiches are also available

Accompaniments

Sauteed Summer Greens
(Baby Kale, Arugula & Watercress); Edamame Succotash
;Whole Wheat Roll

Dinner

Greek Lemon Chicken Soup
Macaroni Salad

Entrée Choices

Cheese Omelet w / Pepper Bacon & Fresh Strawberries
*Sangria Chicken w / Mango Salsa (Healthy Choice)

Select Grill

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

Accompaniments

Hash Brown Potatoes
Sauteed Cherry Tomatoes
Baby Broccoli & Cauliflower Blend
Whole Wheat Roll

Desserts

Assorted Cheese Cake

WK 4

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

Lunch

Chilled Cantaloupe Soup w / Lemon & Ginger
Herbed Chickpea Salad

Entrée Choices

Kielbasa Sausage w / Sauteed Onions and Peppers on a Roll
*Vegetarian Lasagna

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
California Blend
(Broccoli, Cauliflower florets & Carrots)

Dinner

Chilled Cantaloupe Soup w / Lemon & Ginger
Herbed Chickpea Salad

Entrée Choices

Chef's Special Omelet
*Plain Omelet– Healthy Choice
Country-Style BBQ Ribs w / Jalapeno Muffin

Select Grill

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

Accompaniments

Skillet Corn, Grilled Eggplant
Olive Oil Oven Roasted Fingerling Potatoes

Desserts

Pineapple Meringue Pie

WK 2

Rappahannock Westminster-Canterbury
Friday Dining June 30, July 28; Aug 25

Lunch

Sweet Onion Soup
Watermelon Salad w / Feta & Mint

Entrée Choices

@Loaded Nacho Salad
Chicken Breast Tampico over Pasta
*Grilled Chicken Breast

Select Grill

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

Sandwiches are also available

Accompaniments

Steamed Summer Squash, Broccoli
Dinner Roll

Dinner

Sweet Onion Soup
Watermelon Salad w / Feta & Mint

Entrée Choices

*Grilled Crabcakes w / Broccoli Slaw
@Veal Saltimbocca w / Marsala Mushrooms

Select Grill

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

Accompaniments

Baked Tomato Casserole, Roasted Parmesan Artichokes
Orzo Pilaf

Yeast Dinner Roll

Desserts

Boston Crème Poke Cake

WK 2

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

Lunch

Tomato Basil Soup
Olive Mix Salad

Entrée Choices

Blueberry Pancakes, Eggs and Pepper Bacon
Creamy Chicken w / Mushroom Fricassee
*Grilled Marinated Chicken Breast (Healthy Choice)

Select Grill

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

Accompaniments

Roasted Yellow Squash w / Chives, Braised Cabbage
Creamy Polenta; Croissant

Dinner

Tomato Basil Soup
Olive Mix Salad

Entrée Choices

Grilled Cheese Sandwich
*Baked Fish w / Fresh Salsa Sauce
Zucchini Lasagna

Select Grill

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

Accompaniments

Steamed Spinach, Peas
Greek Roasted Potato Wedge
Garlic Bread

Desserts

Lunch- German Chocolate Cake
Cookies- Cookies

WK 4

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

Lunch

Bloody Mary Gazpacho Soup
Lemon Couscous Salad

Entrée Choices

*Rainbow Trout Almandine (Healthy choice)
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

Corn Tomato & Zucchini Medley, Dinner Roll

Dinner

Bloody Mary Gazpacho Soup
Lemon Couscous Salad

Entrée Choices

Pork Tenderloin w / Bourbon Peach Sauce & Crunchy Cabbage Slaw
*Rose' Lemon Capers Salmon (Healthy Choice)

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

Lunch— Cookies
Dinner— Chocolate Cola Cake

WK 3

Rappahannock Westminster-Canterbury
Saturday Dining July 1; July 29; Aug 26

Lunch

Chicken Gumbo
Orzo and Grape 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
Zucchini Fritter

Dinner

Chicken Gumbo
Orzo and Grape Salad

Entrée Choices

*Baked 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 w / Cumin & Paprika
Rosemary & Dijon Roasted Red Potatoes

Croissant Dinner Roll

Desserts

Lunch—Cookies

Dinner- Peanut Butter Tarts

WK 2

Rappahannock Westminster-Canterbury
Sunday Dining July 2; July 30; Aug 27

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
Buttermilk Biscuits

Dinner

Mushroom & Fennel Soup
Grapefruit Sections

Entrée Choices

Philly Cheese Steak on Hoagie Roll
Chef Salad Platter w / Blueberry Muffin
(*Omit Cheese) Healthy Choice

Select Grill

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

Accompaniments

Sugar Snap Peas, Oven Roasted Pepper Medley
Greek Lemon Potatoes

Desserts

Lunch- Caramel Salted Brownie

Dinner –Cookies

WK 3

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

Lunch

Turkey Noodle Soup
Creamy Broccoli Pasta Salad

Entrée Choices

Asparagus and Goat Cheese Quiche
*Southwest Chicken Burrito Bowl (Healthy Choice) made to Order
(Rice, Beans, Cheese, Guacamole & Salsa)

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 Kale
Lima Beans, Brioche Roll

Dinner

Turkey Noodle Soup
Creamy Broccoli Pasta Salad

Entrée Choices

Grilled Strip Steak w / Bearnaise Sauce
*Seared Yellowfin Tuna over Ancient Black Rice

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 6; Aug 3; Aug. 31

Lunch Mexican

Chilled Strawberry Soup
Potato Salad

Entrée Choices

*Grilled Chicken (Healthy Choice)
@Enchilada Baked Chicken Thighs
Spanakopita Casserole w / Turkey Sausage

Select Grill

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

Sandwiches are also available

Accompaniments

Mexican Street Corn Bites, Spaghetti Squash
Quinoa w / Cranberries, Honey Butter Biscuits

Dinner

Chilled Strawberry Soup
Potato Salad

Entrée Choices

Fried Chicken
Ham Loaf w / Mustard Glaze
*Herbed Baked Chicken (Healthy Choice)

Select Grill

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

Accompaniments

Collard Greens
Baked Brie Mac & Cheese
Fire Roasted Corn, Pepper & Onion Blend

Honey Butter Biscuits

Desserts

Meyer Lemon Cake

Rappahannock Westminster-Canterbury
Monday Dining July 3; July 31; Aug 28

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, Breadsticks

Dinner

Summer Vegetable Soup
Cucumber and Onion Salad

Entrée Choices

Crispy Pork Cutlet w / Fennel Slaw
*Roasted Cod w / Herb Breadcrumbs

Select Grill

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

Accompaniments

Yellow Squash, Fresh Sauteed Spinach
Spoon Bread

Breadsticks

Desserts

Peach Pie

Rappahannock Westminster-Canterbury
Tuesday Dining July 4; Aug 1; Aug 29

Lunch

@Italian Wedding Soup
Mediterranean Salad

Entrée Choices

Pizza Pasta Casserole w / Garlic Toast
*Chicken Francese

Select Grill

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

Accompaniments

Roasted Brussel Sprouts; White Corn & Pepper Blend
Rice Pilaf

Dinner

@Italian Wedding Soup
Mediterranean Salad

Entrée Choices

@Veal Piccata
*Roasted Turkey Breast w / Cornbread Cranberry Stuffing

Select Grill

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

Accompaniments

Sauteed Petit Green Beans, Braised Leeks & Mustard Greens
Candied Yams

Orange Scone

Desserts

Almond Tiramisu

WK 3

Rappahannock Westminster-Canterbury
Wednesday Dining July 5; Aug 2; Aug 30

Lunch

English Pea Soup w / Mint
Citrus Marinated Mushroom Salad
Cole Slaw

Entrée Choices

*Key West Flank Steak w / Fried Plantains
Shredded BBQ Chicken Sandwich
*Healthy Choice Chicken Salad Scoop w / Sliced Melon

Select Grill

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

Accompaniments

Cauliflower, Bourbon Glazed Carrots; Baked Beans, Sliced Baguettes

Dinner

English Pea Soup w / Mint
Citrus Marinated Mushroom Salad
Cole Slaw

Entrée Choices

Panko Breaded Buffey Fly Shrimp
Pineapple Chicken Curry
*Baked Cod in Olive Oil (Healthy Choice)

Select Grill

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

Accompaniments

Balsamic Roasted Zucchini
Linguine Noodles
Sliced Baguettes

Desserts

Pretzel Cherry Dessert

WK 3