

RWC CULINARY SERVICE PHONE NUMBERS

HOSTESS LINE #4816, 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

SHERMAN TOULSON # 4015, Production Manager

DOT TAYLOR #4017 , Sanitation Manager



Rappahannock
Westminister-Canterbury

FALL 2023 DINING MENU

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



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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 #4816 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 #4816, 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

SHERMAN TOULSON #4015, Production Manager

DOT TAYLOR #4017, Sanitation Manager

TARA MATHIS-DIETITIAN— 804-832-6374

SYMBOLS MEANING

@ (Healthy Choice)

*** Descriptions of the (Food)**

w / means (with)



LUNCH

STARTERS

- Crab Bisque
- 3-Bean Salad

Entrées

- @Baked Cod Provencal
- Crab, Asparagus & Cheddar Cheese Quiche
- Beef Burgundy Tips w / Mushrooms

Grill

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

Accompaniments

- Sautéed Petite Green Beans
- Roasted Vegetables
- Baked Potato

Croissant



DINNER

STARTERD

- Crab Bisque
- 3-Bean Salad

Entrées

- Herb Fried Tilapia
- @Turkey Croissant Sandwich
- w/Havarti Cheese, Cranberry Mayo, Lettuce, Tomato, & Fruit Cup

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

Croissant

Desserts

LUNCH—Assorted Desserts DINNER— Cookies

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

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

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

Pineapple Salsa-cubed pineapple, green peppers, chopped red onions , cilantro, jalapeno pepper, lime juice, lemon juice and 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. 25; OCT. 23; NOV. 20; DEC. 12 WK 1

LUNCH

STARTERS

Tomato Soup

Cucumber & Onion 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

Yeast Dinner Roll



DINNER

STARTERS

Tomato Soup

Cucumber & Onion Salad

Entrées

Cheesy Meatloaf w/ Gravy

@Baked Chicken Thighs in Thai Coconut Sauce

Grill

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

Accompaniments

Spaghetti Squash

Sauteed Spinach

Mashed Potatoes

Yeast Dinner Roll

Desserts

Cherry Pie

TUESDAY DINING SEP. 26; OCT. 24; NOV. 21; DEC. 13 WK 1

LUNCH

STARTERS

Potato Leek Soup
Butternut Squash

Entrées

Vegetable Quiche
(w/ squash, mushrooms & spinach)
@Beef Stroganoff (lean beef, skim milk, low fat sour cream)

Grill

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

Sandwiches are also available

Accompaniments

Lima Beans
Brussels Sprouts
Egg Noodles Tossed with olive oil **Yeast Dinner Roll**

DINNER



STARTERS

Potato Leek Soup
Butternut Squash

Entrées

Grilled Boneless Pork Chops w / Peach Sauce
* @ Herb Roasted Airline Chicken Breast

Grill

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

Accompaniments

Sugar Snap Peas
Braised Red Cabbage
Mac & Cheese

Biscuit

Desserts

German Chocolate Pie

SATURDAY DINING OCT.21; NOV. 18; DEC. 16 WK 4

LUNCH

STARTERS

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 Vegetable

Biscuit



DINNER

STARTERS

Black Bean Soup
Cole Slaw

Entrées

BBQ Baby Back Ribs
Fried Oysters w / Hushpuppies
@ Baked Fish

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

Biscuit

Desserts

Lunch– Cookies
Dinner– Pecan Pie

FRIDAY DINING OCT. 20; NOV. 17; DEC. 15

WK 4

LUNCH

STARTERS

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

Poppy Seed Roll



DINNER

STARTERS

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
Broccolini
Wild Rice

Poppy Seed Roll

Desserts

Apple Bread Pudding

WEDNESDAY DINING SEP. 27; OCT. 25; NOV.22; DEC. 14 WK 1

LUNCH

STARTERS

*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

STARTERS

*Minestrone Soup
Antipasto Salad

Entrées

Lasagna w / Three Meat Sauce with **Garlic Bread**
@ Chef's Italian Omelet Station

Grill

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

Accompaniments

Asparagus
Ratatouille
Parmesan Orzo

Desserts

Tiramisu

THURSDAY DINING SEP. 28; OCT. 26; NOV.23; DEC. 15 WK 1

LUNCH

STARTERS

Creamy Broccoli & Cheddar Soup
Chickpea & Roasted Pepper Salad

Entrées

Pulled Pork BBQ Sandwich w / Cole Slaw
@Baked Flounder (lemon 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
Corn Muffin



DINNER

STARTERS

Creamy Broccoli & Cheddar Soup
Chickpea & Roasted Pepper Salad

Entrées

Veal Scallopini Marsala
@Roasted Turkey Breast w / Dressing & Gravy

Grill

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

Accompaniments

Steamed Beets
Homemade Applesauce
Yukon Mashed Potatoes
Bavarian Brown Bread

Desserts

Apple Spice Cake

THURSDAY DINING OCT. 19; NOV. 16; DEC. 14 WK 4

LUNCH

STARTERS

Sweet Potato Soup
Autumn Fruit Salad

Entrées

@Broccoli & Cheese Quiche
Ribeye Steak Sandwich
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
Sidewinder Fries
Fresh Baked Biscuit



DINNER

STARTERS

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. 18; NOV. 15; DEC. 13 WK 4

LUNCH

STARTERS

*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
Spiced Naan Bread

DINNER



STARTERS

*Mulligatawny Soup
Bombay Carrot Salad

Entrées

Curried Lamb Stew (cashews, chutney, toasted coconut)
*Indian Spiced Tilapia w / Cherry Chutney
@ Baked Tilapia

Grill

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

Accompaniments

Basmati Rice
Indian Cabbage
Roasted Curried Carrots
Spiced Naan Bread

Desserts

Rice Pudding

FRIDAY DINING SEP. 29; OCT. 27; NOV.24; DEC. 16 WK 1

LUNCH

STARTERS

Turkey Noodle Soup
Corn & Black Bean Salad

Entrées

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

Grill

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

Sandwiches are also available

Accompaniments

Artichokes
Carrots & Cauliflower, Potato Cake
Kaiser Roll



DINNER

STARTERS

Turkey Noodle Soup
Corn & Black Bean Salad

Entrées

@Grilled Crab Cakes w / Cole Slaw
Roasted Lamb of Leg

Grill

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

Accompaniments

Roasted Acorn Squash
Sauteed Spinach
Potato Casserole
Kaiser Roll

Desserts

Blueberry Bread Pudding

SATURDAY DINING SEP. 30; OCT. 28; NOV.25; DEC. 17 WK 1

LUNCH

STARTERS

Senate Bean Soup
Watergate Salad

Entrées

@Baked Fish
Fish and Chips
Hamburger w / Lettuce, Tomato on Potato Bun

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
Dropped Butter Biscuit



DINNER

STARTERS

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 Straws

Grill

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

Accompaniments

Broiled Tomato Half
Sautéed Assorted Mushrooms
Roasted Dijon Yukon Gold Potatoes

Dropped Butter Biscuit

Desserts

Lunch—Cookies
Dinner-Butter Pound Cake with Rum Glaze

TUESDAY DINING OCT. 17; NOV. 14; DEC. 12 WK 4

LUNCH

STARTERS

Navy Bean Soup
Cucumber Tomato Salad

Entrées

Penne ala Vodka
@Sea Bass w / Lemon Capers Sauce

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
Artisan Roll



DINNER

STARTERS

Navy Bean Soup
Cucumber Tomato Salad

Entrées

Burgundy Pot Roast w / Veggies
@Panko-Parmesan Baked Sea Scallops

Grill

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

Accompaniments

Sauteed Spinach
Vegetable Couscous
(Zucchini, Onions & Mushrooms)

Dinner Roll

Desserts

Deviled Food Cake Caramel Frosting

MONDAY DINING OCT. 16; NOV.13; DEC. 11 WK 4

LUNCH

STARTERS

*Greek Lemon Chicken Soup
Potato Salad

Entrées

Liver & Onions with Bacon
Northern Neck Chicken Salad w / **Glory Morning 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 Chef Potato



DINNER

STARTERS

*Greek Lemon Chicken Soup
Potato Salad

Entrées

Meatloaf & Gravy
@Baked Chicken
Fried Chicken

Grill

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

Accompaniments

3-Cheese Mac & Cheese
Mustard Greens
Green Peas
Buttered Whipped Potatoes
Buttermilk Honey Biscuit

Desserts

Key Lime Pie

SUNDAY DINING OCT 1; OCT. 29; NOV. 26 WK 2

LUNCH

STARTERS

Butternut Squash Bisque
Beet Salad

Entrées

@Rainbow Trout Amandine
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

STARTERS

Butternut Squash Bisque
Beet Salad

Entrées

Pancake Supper (Dollar cake stack & bacon)
@Roasted Chicken Thighs w / Teriyaki Glaze

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)

Biscuits

Desserts

Lunch -German Chocolate Cake
Dinner– Cookies

MONDAY DINING OCT. 2; OCT.30; NOV. 27 WK 2

LUNCH

STARTERS

Beef Vegetable Soup
Tropical Fruit

Entrées

@Whole –Wheat Spaghetti w / Turkey Meat Sauce
Hot Roast Beef Sandwich w / Provolone & Horseradish Mayo
on Potato Bun

Grill

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

Sandwiches are also available

Accompaniments

Roasted Broccoli w / Parmesan
Succotash
Steak Fries
Bread Sticks



DINNER

STARTERS

Beef Vegetable Soup
Tropical Fruit

Entrées

RW-C Dinner Salad w / Muffin
@Steamed Shrimp

Grill

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

Accompaniments

Orzo Pilaf
Kale
Corn -on-the Cob
Bread Sticks

Desserts

Coconut Custard Pie

SUNDAY DINING OCT. 15; NOV. 12; DEC. 10 WK 4

LUNCH

STARTERS

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 Potatoes (Red Potatoes & Sweet Potatoes)
@Spaghetti Squash w / Honey Butter

Croissant Dinner Roll



DINNER

STARTERS

Wild Mushroom Soup
Giardiniera Salad

Entrées

Baked Ziti w / Meat Sauce & Garlic Bread
Fried Catfish w / Country Slaw
@Steamed Catfish w / Lemon and Chives

Grill

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

Accompaniments

Roasted Zucchini
Cauliflower
Diced Hash Brown Potatoes
Croissant Dinner Roll

Desserts

Tiramisu

SATURDAY DINING OCT. 14; NOV. 11; DEC. 9 W 3

LUNCH

STARTERS

Shrimp Chowder
Macaroni Salad

Entrées

Hot Dogs w / Fixings
@Southwest Turkey Burger w / Cheddar, Lettuce, Tomatoes & Topped
with Guacamole on Bun

Grill

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

Sandwiches are also available

Accompaniments

Sauerkraut
Corn-on-Cob
Baked Beans



DINNER

STARTERS

Shrimp Chowder
Macaroni Salad

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
Cranberry Orange Muffin

Desserts

Lunch-Cookies
Dinner- Sweet Potato Pie

TUESDAY DINING OCT. 3; OCT.31; NOV. 28 WK 2

LUNCH

STARTERS

Cheesy Ham Chowder
Potato Salad

Entrées

Cheddar and Asparagus Quiche
Fried Chopped Steak w / Pepper Gravy

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
Wheat Dinner Roll



DINNER

STARTERS

Cheesy Ham Chowder
Potato Salad

Entrées

RW-C Fried Chicken
@Vegetable Lasagna
@Baked Chicken

Grill

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

Accompaniments

Stewed Tomatoes
Collard Greens
Roasted Potatoes
Garlic Bread

Desserts

Strawberry Cheese Cake

WEDNESDAY DINING OCT 4; NOV. 1; NOV. 29 WK 2

LUNCH

STARTERS

Italian Wedding Soup
Corn & Tomato Salad

Entrées

@Baked Chicken Cacciatore
Swedish Meatballs

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
Buttered Egg Noodles
Green Peas

Cheddar Chive Biscuit



DINNER

STARTERS

Italian Wedding Soup
Corn & Tomato Salad

Entrées

BBQ Baby Back Ribs
Creamy Oyster Stew w / Potatoes

Grill

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

Accompaniments

Skillet Corn
Baked Roma Tomato Casserole
Sweet Potato Wedge
Cheddar Chive Biscuit

Desserts

Key Lime Pie

FRIDAY DINING OCT. 13; NOV. 10; DEC. 8

WK 3

LUNCH

STARTERS

Creamy Tomato Basil Soup
Sunshine Salad

Entrées

@Chopped Steak w /Grilled Onions over Cauliflower Rice)
Tuna Noodle Casserole

Grill

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

Sandwiches are also available

Accompaniments

Broccoli
Okra & Tomatoes
Rice Pilaf

White Dinner Roll



DINNER

STARTERS

Creamy Tomato Basil Soup
Sunshine Salad

Entrées

Chicken Breast Cordon Blue
@Broiled Shrimp & Scallops
Seafood Newburg

Grill

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

Accompaniments

Sauteed Spinach
Burgundy Mushrooms
Roasted Fingerling Potatoes

White Dinner Roll

Desserts

Devils Food Cake w / Buttercream Icing

THURSDAY DINING OCT. 12; NOV. 9; DEC. 7

WK 3

LUNCH

STARTERS

White Chili
Creamy Cucumber & Dill Salad

Entrées

Pecan Crusted Tilapia
Monte Cristo Sandwich w / Melba Sauce
@Baked Tilapia w / Olive Oil

Grill

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

Sandwiches are also available

Accompaniments

Artichoke & Spinach Casserole, Braised Leeks
Mashed Potatoes w / Cheddar Cheese & Chives

Buttermilk Biscuits



DINNER

STARTERS

White Chili
Creamy Cucumber & Dill Salad

Entrées

Carving Board Ham w / Bourbon-Maple Glaze
*Stuffed Peppers
@Veggie Omelet Station

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 OCT. 5; NOV. 2; NOV. 30

WK 2

LUNCH

STARTERS

Corn Chowder
Orzo Salad w / Olives & Lemon Vinaigrette

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 Vegetable
Fluffy White Rice

Egg Roll, **Poppy Seed Roll**



DINNER

STARTERS

Corn Chowder
Orzo Salad w / Olives & Lemon Vinaigrette

Entrées

@Mediterranean Shrimp & Orzo Salad
(artichokes, peppers, olives, feta) w / Greek Vinaigrette
Hearty Beef Stew (carrots, potatoes, celery)

Grill

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

Accompaniments

Green Beans
Glazed Brown Sugar Baby Carrots

Poppy Seed Roll

Desserts

Pecan Pie

FRIDAY DINING OCT 6; NOV.3; DEC.1 WK 2

LUNCH

STARTERS

Chicken w / Rice Soup
Mediterranean Pasta Salad

Entrées

Baked Pork Chops w / Gravy
@Grilled Chicken Caesar Salad

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, Potato Au gratin

Cheddar Chives Biscuits



DINNER

STARTERS

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

Cheddar Chives Biscuits

Desserts

Delece Chocolate Bread Pudding

WEDNESDAY DINING OCT. 11; NOV. 8; DEC. 6 WK 3

LUNCH

STARTERS

Split Pea Soup
Black Bean, Corn & Quinoa Salad

Entrées

Baked Spaghetti with Garlic Bread
Chicken Tenders with Dijon Honey Mustard
@Blackened Chicken Tenders w / Balsamic Dressing

Grill

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

Sandwiches are also available

Accompaniments

Broccoli
Baby Lima Beans , Sweet Potatoes Fries

Focaccia Potato Bread



DINNER

STARTERS

Split Pea Soup
Black Bean, Corn & Quinoa Salad

Entrées

Beef Burgundy
@Feta Shrimp Skillet Dinner

Grill

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

Accompaniments

Steamed Brussels Sprouts w / Herbs & Olive Oil
Steamed White Rice
Cauliflower w / Tomatoes and Olives

Focaccia Potato Bread

Desserts

Baklava

TUESDAY DINING OCT. 10; NOV. 7; DEC. 5 WK 3

LUNCH

STARTERS

Beef Noodle Soup
Broccoli & Cauliflower Salad

Entrées

Parmesan Chicken w / Artichokes
Bratwurst w / Sauerkraut
@Baked Fish

Grill

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

Sandwiches are also available

Accompaniments

Roasted Golden Beets
Sautéed Pepper Medley
Dark Brown Bread



DINNER

STARTERS

Beef Noodle Soup
Broccoli & Cauliflower Salad

Entrées

@Grilled Tuna Steak w / Pineapple Salsa
Turkey Tetrazzini

Grill

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

Accompaniments

Spaghetti Squash
Baked Artichokes
Parmesan Orzo
Dark Brown Bread

Desserts

Yellow Cake with Chocolate Frosting

SATURDAY DINING OCT 7; NOV. 4; DEC. 2 WK 2

LUNCH

STARTERS

French Onion Soup
Cucumber & Tomato Salad

Entrées

Eggplant Parmesan
Open Faced Turkey Sandwich w / Gravy on Sourdough Bread
@Roasted Turkey Breast

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, **Cheesy Garlic Toast**



DINNER

STARTERS

French Onion Soup
Cucumber & Tomato Salad

Entrées

Red Wine Braised Beef Brisket
@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)
Croissant Dinner Roll

Desserts

Lunch– Cookies
Dinner–Homemade Chocolate Cake w / Coffee Frosting

SUNDAY DINING **OCT 8; NOV. 5; DEC.3** **WK 3**

LUNCH

STARTERS

Fish Chowder
3-Bean Salad

Entrées

Chef Carved Roast Beef Strip Loin w / Burgundy Mushrooms
Autumn Spiced Ham Steak
@Eggwhite Breakfast Casserole

Grill

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

Accompaniments

Mustard Greens
Julienne Carrots, Baked Potato
Honey Butter Biscuit



DINNER

STARTERS

Fish Chowder
3-Bean Salad

Entrées

Smothered Chicken & Gravy
@Shrimp Scampi w / Linguini Pasta

Grill

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

Accompaniments

Green Bean Casserole
Baked Tomato ½
Mashed Potatoes
Honey Butter Biscuit

Desserts

Lunch-Assorted Desserts
Dinner– Cookies

MONDAY DINING **OCT. 9; NOV. 6; DEC.4** **WK 3**

LUNCH

STARTERS

Navy Bean Soup
Grapefruit Sections

Entrées

@Spinach & Feta Quiche
Meat Lovers Flatbread Pizza

Grill

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

Sandwiches are also available

Accompaniments

Ratatouille
Cauliflower, Onion Rings
Blueberry Muffin



DINNER

STARTERS

Navy Bean Soup
Grapefruit Sections

Entrées

Winter Pork Chops 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