

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

SHERMAN TOULSON # 4015, Production Manager

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

CHEF TV FLYNN # 4091

Kitchen # 4017



Rappahannock
Westminister-Canterbury

WINTER 2023/ 2024 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 4:30 -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, \$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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@ (Healthy Choice)

* Descriptions of the (Food)

w/ means (with)

& means (and)

CULINARY SERVICES RELATED PHONE NUMBERS

HOSTESS LINE #4816, for most reservations or 804-567-0008

BETTY POLK #4016, Office Manager

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

SHERMAN TOULSON # 4015, Production Manager

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

CHEF TV FLYNN # 4019

KITCHEN # 4017



SUNDAY DINING DEC. 17; JAN. 14; FEB. 11; MAR. 10 WK 1
LUNCH

Starters

Pickled Beets Salad
New England Clam Chowder

Entrées

Roasted Prime Rib of Beef w / Au Jus
* Shrimp Scampi w/ Whole Wheat Pasta (Healthy Choice)
Breakfast Quiche
(sausage & cheese)

Grill

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

Accompaniments,

Green Bean Casserole
Orange Glazed Beets
Baked Potato
Buttered Croissant



DINNER

Starters

Pickled Beets Salad
New England Clam Chowder

Entrées

Greek Chicken Pita w / Tzatziki Sauce (Healthy Choice)
Swedish Meatballs

Grill

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

Accompaniments

Squash Medley
Buttered Noodles
Buttered Croissant

Desserts

Lunch– Assorted Desserts Dinner– Cookies

NOTES

MENU ITEM DESCRIPTIONS

Baked Ziti– Ziti pasta, ground beef, mozzarella and Parmesan cheese baked in a marinara sauce

Chicken Piccata- Boneless Chicken breast pounded, lightly floured & sautéed then baked with a lemon caper sauce.

Chicken Adobo-

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

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

Russian Potato Soup-Diced potatoes, carrots, chicken stock, bacon, Worcestershire sauce, sherry, basil, bay leaf, 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

Scandinavian Blend –Peas, zucchini, green beans & carrots

Shrimp Scampi– Shrimp baked with butter, lemon juice, and Dijon mustard sprinkle with chopped parsley

Turkey Tetrizzini-Cubed turkey, onions, celery, peas, pimentos and pasta noodles tossed in a cream chicken base sauce, topped w/ bread crumbs and Asian goat cheese and baked.

MONDAY DINING DEC. 18; JAN. 15; FEB. 12; MAR. 11 WK 1

LUNCH

Starters

Black Bean Salad

*Minestrone Soup

Entrées

@ Onion-Dijon Pork Chop (Healthy Choice)

Fish Tacos w / Mango & Red Cabbage Slaw

Grill

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

Sandwiches are also available

Accompaniments

Fried Cauliflower

Spinach

Steamed White Rice



DINNER

Starters

Black Bean Salad

*Minestrone Soup

Entrées

Spanish Lamb & Lentil Stew

@ Tomato & Spinach Omelet (Healthy Choice)

Eggplant Lasagna

Grill

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

Accompaniments

Cider Baked Apples

Sugar Snap Peas

Potatoes O'Brien

Lunch- Dinner Roll

Dinner– Honey Biscuit

Desserts

Apple Cobbler ala mode

TUESDAY DINING DEC. 19; JAN. 16; FEB. 13; MAR. 12 WK 1

LUNCH

Starters

Fennel Slaw Salad
Cream of Chicken & Wild Rice Soup

Entrées

Chopped Steak, Onions & Gravy
@Vegetable Omelet w / Goat Cheese (Healthy Choice)

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

Blueberry Scone



DINNER

Starters

Fennel Slaw Salad
Cream of Chicken & Wild Rice Soup

Entrées

Grilled Liver & Onions
@Seared Cod w / Creamed Corn & Tomatoes (Healthy Choice)

Grill

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

Accompaniments

Rice Pilaf
Sauteed Kale w/ Turmeric
Buttered Carrots
Toasted Naan

Desserts

Cinnamon Pecan Bundt Cake

SATURDAY DINING JAN. 13; FEB. 10; MARCH 9 WK 4

LUNCH

Starters

Broccoli Salad
Split Pea & Ham Soup

Entrées

Filet of Fish Sandwich w / Slaw
*Penne Pasta Primavera

@ Baked Fish

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
Crusty Kaiser Roll



DINNER

Starters

Broccoli Salad
Split Pea & Ham Soup

Entrées

Fried Oysters w / Slaw on the side
@Roasted Leg of Lamb w / Mint Jelly

Select Grill

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

Accompaniments

Tomato & Artichoke Casserole
Braised Swiss Chard
Tri Color Potatoes
Crusty Kaiser Roll

Desserts

Lunch-Cookies

Dinner-Peanut Butter Pie

FRIDAY DINING JAN. 12; FEB. 9; MARCH 8 WK 4

LUNCH

Starters

Italian White Bean Salad
Corned Beef & Potato Soup

Entrées

*Baked Ziti w / Meat Sauce

@Pork Tenderloin w / Tarragon & Sage Butter (Healthy Choice)

Select Grill

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

Sandwiches are also available

Accompaniments

Asian Style Vegetables
Green Beans w / Water Chestnuts
Jasmine Rice
Garlic Bread



DINNER

Starters

Italian White Bean Salad
Corned Beef & Potato Soup

Entrées

Roasted Beef Tenderloin w / Merlot Mushroom Sauce

@ Salmon w / Sesame Ginger Glaze

Select Grill

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

Accompaniments

Sautéed Broccolini
Braised Celery & Peppers
Garlic Roasted Fingerling Potatoes w / Rosemary
Assorted Dinner Rolls

Desserts

Blueberry Lemon Upside Down Cake

WEDNESDAY DINING DEC. 20; JAN. 17; FEB. 14; MAR. 13 WK 1

LUNCH

Starters

Cole Slaw
Beef Noodle Soup

Entrées

@ Catfish w / Mustard Cornmeal Crust (Healthy Choice)

Beef Tenderloin Tips in Mushroom Gravy

Grill

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

Sandwiches are also available

Accompaniments

Greens w / Butter & Garlic
Fried Breaded Okra
White Rice
Corn Bread



DINNER

Starters

Cole Slaw
Beef Noodle Soup

Entrées

@ Baked Trout w / Fresh Tarragon Sauce (Healthy Choice)

Grilled New York Strip w / Onion Straws

Grill

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

Accompaniments

Baked Tomato Half w / Fresh Basil
Mushroom Duxelles
Baked Potato
Brown Bread

Desserts

Pumpkin Pie

THURSDAY DINING DEC. 21; JAN. 18; FEB. 15; MAR. 14 WK 1

LUNCH

Starters

Italian Pasta Salad w / Red Wine Vinaigrette

*Russian Potato Soup

Entrées

Fried Oysters

@ Fennel Chicken 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

Sweet & Spicy Red Cabbage

Red Potatoes

Spoon Bread



DINNER

Starters

Italian Pasta Salad w / Red Wine Vinaigrette

*Russian Potato Soup

Entrées

@ French Omelet (Ham, Onions, Green Peppers, Fresh Chives)
(Healthy Choice)

BBQ Baby Back Ribs

Grill

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

Accompaniments

Roasted Brussels Sprouts w / Cranberries

Buttered Yukon Gold Potato

Cauliflower w / Tomatoes

Spoon Bread

Desserts

Pineapple Cherry Dump Cake

THURSDAY DINING JAN. 11; FEB. 8; MAR. 7 WK 4

LUNCH

Starters

Carrot Craisin Salad

Cream of Leek & Potato Soup

Entrées

@Scampi Style Mussels (Healthy choice)

Broccoli & Cheddar Omelet

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)

Buttered Linguini

Crusty Baguette



DINNER

Starters

Carrot Craisin Salad

Cream of Leek & Potato Soup

Entrées

@Country Captain Chicken (curry, cinnamon, ginger, thyme & raisins)
Jerk Spiced Shrimp w / Caribbean Rice

Grill

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

Accompaniments

Roma Tomato Casserole

Steamed Yellow Squash

Crusty Baguette

Desserts

Peach Cobbler

WEDNESDAY DINING JAN. 10.; FEB. 7; MAR. 6 WK 4

LUNCH

Starters

Tuna Macaroni Pasta Salad
Chicken & Vegetable Soup

Entrées

@Thai Beef & Basil Noodle Bowl w / Shitake Mushrooms
*Turkey Tetrizzini

Grill

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

Sandwiches are also available

Accompaniments

Edamame Succotash
Sugar Snap Peas

Bread Sticks



DINNER

Starters

Tuna Macaroni Pasta Salad
Chicken & Vegetable Soup

Entrées

@Pork Chops Topped w / Strawberry & Tomato Salsa w / Garlic Spinach
(Healthy Choice)

Shrimp & Avocado Chop Salad

Grill

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

Accompaniments

Roasted Brussels Sprouts
Linguine Tossed w / Olive Oil
Orange Braised Acorn Squash

Bread Sticks

Desserts

Apple Streusel Cake

FRIDAY DINING DEC. 22; JAN. 19; FEB. 16; MAR. 15 WK 1

LUNCH

Starters

Fresh Dill Cucumber Salad
Mushroom Barley Soup

Entrées

Chef Salad
@(Healthy Choice) Made to Order
Sausage Potato Casserole

Grill

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

Sandwiches are also available

Accompaniments

Green Peas
Zucchini
White Shoe peg Corn

Buttermilk Chesapeake Biscuits



DINNER

Starters

Fresh Dill Cucumber Salad
Mushroom Barley Soup

Entrées

@ Sweet & Spicy Salmon w / Cauliflower Rice Pilaf (Healthy Choice)
Oven Baked Ham w / Marmalade Sauce

Grill

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

Accompaniments

Sweet Potato Souffle
Acorn Squash
Asparagus

Artisan Dinner Roll

Desserts

Croissant Apple Butter Bread Pudding w / Homemade Vanilla Sauce

SATURDAY DINING DEC. 23; JAN. 20; FEB. 17; MAR. 16 WK 1

LUNCH

Starters

Corn Kidney Bean Salad
She Crab Soup

Entrées

All Beef Hot Dogs
Flounder w / Caramelized Shallots

Grill

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

Sandwiches are also available

Accompaniments

Roasted Broccoli
Carrots
Baked Beans

Corn Muffin



DINNER

Starters

Corn Kidney Bean Salad
She Crab Soup

Entrées

Veal Milanese
@ Bourbon Glazed Airline Chicken Breast w / a side Caesar Salad

Grill

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

Accompaniments

Spinach Souffle
Yellow Squash
Herb Roasted Potatoes

Yeast Dinner Roll

Desserts

Lunch— Cookies

Dinner- Baileys Chocolate Cake

TUESDAY DINING JAN. 9; FEB. 6; MARCH 5 WK 4

LUNCH

Starters

Cole Slaw Salad
*Senate Bean Soup

Entrées

*Chicken Adobo
Fried Trout
@Baked Trout w / Fresh Dill (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Braised Baby Kale
Pearl Onions
White Rice

Spoon Bread



DINNER

Starters

Cole Slaw Salad
*Senate Bean Soup

Entrées

Corned Beef Brisket
@Seared & Sliced Ahi Tuna Salad w / Artichokes, Olives, Chickpeas,
Pear Tomatoes & Lemon Vinaigrette

Omelet Station

Grill

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

Accompaniments

Cabbage Buttered Carrots
Parslied Red Potatoes

Croissant Dinner Roll

Desserts

Fruit of the Forest Pie

MONDAY DINING JAN. 8; FEB.5 ; MARCH 4 WK 4

LUNCH

Starters

Ambrosia Salad
Cream of Wild Mushrooms Soup

Entrées

Marmalade Chicken Drumsticks
@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

Dark Brown Bread



DINNER

Starters

Ambrosia Salad
Cream of Wild Mushrooms Soup

Entrées

@*Chicken Piccata (Healthy Choice)
Spanish Beef served w / Tri-Colored Couscous

Grill

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

Accompaniments

Cauliflower Au Gratin
Sauteed French Green Beans
Tri-Colored Couscous

Dark Brown Bread

Desserts

Chocolate Eclairs

SUNDAY DINING DEC. 24; JAN. 21; FEB.18 WK 2

LUNCH

Starters

3-Bean Salad
Fish Chowder

Entrées

Fresh Rosemary Chicken w / Sage, Squash & Apples (Healthy Choice)
Eggs Benedict w / Smoked Salmon

Lamb Tagine

Grill

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

Accompaniments

Sauteed Snow Peas
Country Hash Potatoes
Glazed Baby Carrots w / Brown Sugar & Cinnamon

Honey Wheat Dinner Roll



DINNER

Starters

3-Bean Salad
Fish Chowder

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

Italian Blend Vegetables
(Lima, Romano Beans, Carrots, Cauliflower)
Steak Fries

Honey Wheat Dinner Roll

Desserts

Lunch— Assorted Desserts

Dinner— Cookies

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

LUNCH

Starters

Marinated Squash Salad
Tomato Soup

Entrées

@ Chunky Beef Stew
Ultimate Gourmet Grilled Cheese
(gruyere, cheddar, muenster)

Grill

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

Sandwiches are also available

Accompaniments

Zucchini Squash
Pepper Medley



DINNER

Starters

Marinated Squash Salad
Tomato Soup

Entrées

Greek Omelet w / Asparagus & Feta Cheese
@ Flounder Meunier (Healthy Choice)

Grill

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

Accompaniments

Baked Artichoke
Mustard Vinaigrette Green Beans
Corn O'Brien
Crusty Baguette

Desserts

Cherry Cobbler

SUNDAY DINING JAN. 7; FEB. 4; MARCH 3 WK 4

LUNCH

Starters

Giardiniera Salad
Shrimp Bisque

Entrées

Challah Bread French Toast w / Pepper Bacon
Grilled Ham Steak w / Grilled Pineapple Slice
@ Mango Chicken Thigh w / Basil & Coconut Sauce (Healthy Choice)

Grill

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

Accompaniments

* Harvard Beets
Broccoli
Baked Yams

Dinner Roll



DINNER

Starters

Giardiniera Salad
Shrimp Bisque

Entrées

Brunswick Stew
Chicken Fettuccini Alfredo
@ Marinated Chicken Breasts (Healthy Choice)

Grill

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

Accompaniments

Zucchini
Fried Mushrooms

Dinner Roll

Desserts

Lunch-Assorted Desserts

Dinner- Cookies

SATURDAY DINING JAN. 6; FEB. 3; MARCH 2 W 3

LUNCH

Starters

Citrus Marinated Mushrooms Salad
Beef Barley Soup

Entrées

Kielbasa & Kidney Beans
Crisp Chicken Breast Sandwich w / Ranch & Cheddar on Soft Bun
@Marinated Chicken Breast (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Roasted Potato Wedge
Steamed Parsnips
Green Beans

Assorted Rolls



DINNER

Starters

Citrus Marinated Mushrooms Salad
Beef Barley Soup

Entrées

@Chili-Rubbed Flank Steak w / Black Bean Salad (Healthy Choice)
Fried Oysters

Grill

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

Accompaniments

California Blend (Carrots, Cauliflower & Broccoli)
Baked Acorn Squash
Orzo Casserole
Corn Muffin

Desserts

Tiramisu

TUESDAY DINING DEC. 26; JAN. 23; FEB. 20 WK 2

LUNCH

Starters

Potato Salad
Black-Eyed Pea Soup

Entrées

@ Ground Veal Ragu w / Orecchiette Pasta (Healthy Choice)
Open Face Roasted Turkey Sandwich

Grill

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

Sandwiches are also available

Accompaniments

Broccoli
Spiced Beets
Mashed Potatoes

Sweet Yeast Roll



DINNER

Starters

Potato Salad
Black-Eyed Pea Soup

Entrées

Fried Chicken w / Honey
@ Baked Chicken (Healthy Choice)
Pork Chops w / Gravy

Select Grill

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

Accompaniments

Collard Greens
Stewed Tomatoes
Parslied Potatoes

Sweet Yeast Roll

Desserts

Chocolate Hazelnut Pudding Torte

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

LUNCH

Starters

Corn & Tomato Salad
7-Bean Soup w / Ham Hocks

Entrées

Chili Con Carne w / Corn Bread
@ 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
Honey Wheat Roll



DINNER

Starters

Corn & Tomato Salad
7-Bean Soup w / Ham Hocks

Entrées

@ Baked Oysters in Broth (Healthy Choice)
Cream Based Oyster Stew
Braised Short Ribs of Beef

Grill

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

Accompaniments

French Green Bean Almandine
Cauliflower
Baked Potato
Honey Wheat Roll

Desserts

Red Velvet Cake

FRIDAY DINING JAN. 5; FEB. 2; MARCH 1 WK 3

LUNCH

Starters

Chickpea Salad
New England Fish Chowder

Entrées

Shepherd's Pie
@ Shrimp Quesadilla (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Sauteed Baby Spinach
Leek Ratatouille
French Dinner Roll



DINNER

Starters

Chickpea Salad
New England Fish Chowder

Entrées

Pork Schnitzel w / Spicy Mustard
@ Swordfish w / Olives, Capers & Tomatoes over Polenta
(Healthy Choice)
Western Omelet

Grill

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

Accompaniments

Asparagus
Fried Cabbage
Baked Sweet Potato
French Dinner Roll

Desserts

Pecan Pie

THURSDAY DINING JAN. 4; FEB. 1; FEB. 29

WK 3

LUNCH

Starters

South Western Confetti Salad
Lima Bean Soup

Entrées

@ Teriyaki Salmon Rice Bowl (Healthy Choice)
Salisbury Steak w / Mushroom Gravy

Grill

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

Sandwiches are also available

Accompaniments

Wax Beans w / Pimiento
Broccoli
Loaded Mashed Potatoes

Butter Biscuit



DINNER

Starters

South Western Confetti Salad
Lima Bean Soup

Entrées

@ Chicken Amandine (onion, wild rice, French green beans and almonds)
(Healthy Choice)

Cowboy Steak w / Maple Collard Greens

Grill

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

Accompaniments

Baked Mexican Street Corn
Maple Collard Greens
Roasted Potatoes

Butter Biscuit

Desserts

Homemade Lemon Pound Cake w / Hot Lemon Sauce

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

LUNCH

Starters

Pina Colada Carrot Salad
Beef Vegetable Soup

Entrées

@ Braised Tuscan Chicken Thighs
Quiche Lorraine w / Orange Cranberry Muffin

Grill

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

Sandwiches are also available

Accompaniments

Bermuda Blend
(Broccoli, Carrots, Green Beans, & Peppers)
Brown Rice
Sicilian Brussels Sprouts
(pancetta, raisins, pine nuts, capers, lemon zest)



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
Sweet Potato Cranberry Bake
Croissant

Desserts

Dulce de Leche Bread Pudding

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

LUNCH

Starters

Broccoli & Cauliflower Salad
French Onion Soup

Entrées

@Ground Turkey Taco Salad (Healthy Choice)
Ground Beef Taco Salad
Tuna Noodle Casserole

Grill

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

Sandwiches are also available

Accompaniments

Green Peas
Maple Winter Squash Casserole
Harvest Assorted Dinner Roll



DINNER

Starters

Broccoli & Cauliflower Salad
French Onion Soup

Entrées

@ Seared Scallops w / Veggie Pasta (Healthy Choice)
(white rice, butter, onions, asparagus)
Honey Mustard Airline Chicken Breast

Grill

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

Accompaniments

Baked Fennel w / Parmesan
Sauteed Spinach
California Quinoa
Harvest Assorted Dinner Roll

Desserts

Homemade Southern Sweet Potato Cobbler

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

LUNCH

Starters

Texas Caviar
Chicken Noodle Soup

Entrées

Kentucky Hot Brown
@Asian Beef Noodle Bowl w / Hard Boiled Egg (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Baked Roma Tomato Casserole
Green Peas
Moroccan Spiced Rice
Naan Bread



DINNER

Starters

Texas Caviar
Chicken Noodle Soup

Entrées

Lamb Stew
@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
Bavarian Brown Bread

Desserts

Chocolate Mocha Cream Cake

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

LUNCH

Starters

Cucumber & Tomato Salad
Lentil Soup

Entrées

@Chesapeake Omelet (Healthy Choice)
Beef Burrito Casserole

Grill

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

Sandwiches are also available

Accompaniments

Sautéed Kale
Home Fries
Honey Carrots w / Cumin

Texas Toast



DINNER

Starters

Cucumber & Tomato Salad
Lentil Soup

Entrées

@Chicken Quinoa Bowl w / Broccoli & Tomatoes (Healthy Choice)
Slow Cooked Beef Brisket w / Gravy

Grill

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

Accompaniments

Green Beans w / Caramelized Onions
Parsnips & Rutabaga
Quinoa

Texas Toast

Desserts

Sweet Potato Bread Pudding w / Cider Sauce

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

LUNCH

Starters

Cole Slaw
Turkey Noodle Soup

Entrées

@Buffalo Burger on Bun
Chicken & Broccoli Casserole

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

Kaiser Roll



DINNER

Starters

Cole Slaw
Turkey Noodle Soup

Entrées

@Maple Rosemary Pork Loin (Healthy Choice)
Flounder w / Shrimp Stuffing

Grill

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

Accompaniments

Whole Green Beans w / Balsamic Vinaigrette
Spiced Bake Apples
Mashed Yams w / Green Onions & Sage

Kaiser Roll

Desserts

Lunch-Cookies

Dinner- Turtle Cheesecake

SUNDAY DINING **DEC. 31; JAN. 28; FEB. 25** **WK 3**

LUNCH

Starters

Grapefruit Sections
Tomato Florentine Soup

Entrées

@ Veal Scalopine (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
Sauteed Yellow Squash
Sweet Potato Hash

Butter & Egg Roll



DINNER

Starters

Grapefruit Sections
Tomato Florentine Soup

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
California Blend Vegetables
(Broccoli, Cauliflower, Carrots)

French Fries

Dinner Roll

Desserts

Lunch– Assorted Desserts

Dinner–Cookies

MONDAY DINING **JAN. 1; JAN 29; FEB. 26** **WK 3**

LUNCH

Starters

Tropical Fruit
Vegetable Soup

Entrées

BBQ Baked Chicken Thighs
@ Baked Chicken (Healthy Choice)
Country Fried Steak w / Pepper Gravy

Grill

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

Sandwiches are also available

Accompaniments

Okra & Tomatoes
Sugar Snap Peas
Mashed Red Potatoes

Poppy Seed Dinner Roll



DINNER

Starters

Tropical Fruit
Vegetable Soup

Entrées

@Shrimp w / Lemon Caper Sauce (Healthy Choice)
Coffee Rubbed 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

Poppy Seed Dinner Roll

Desserts

Dutch Apple Pie