



*Rappahannock
Westminister-Canterbury
Irvington, Virginia*

Spring, 2024

Dining Menu



132 LANCASTER DRIVE, IRVINGTON, VA. 22480

804-438-4000

WWW.RW-C.ORG

Rappahannock Westminster-Canterbury
Sunday Dining Mar. 17, Apr.14, May 12; Jun. 9

Lunch

Starters

Broccoli & Cheddar Soup
Pickled Beet Salad

Entrées

Shrimp Alfredo w / Linguini
Pancake Breakfast w / Eggs, Bacon & Sausage
*Chicken Marsala (Healthy Choice)

Grill

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

Accompaniments

Roasted Brussels Sprouts, Roma Tomato Casserole
Hash Brown Potatoes Crusted Baguette

Dinner

Starters

Broccoli & Cheddar Soup
Pickled Beet Salad

Entrées

*Turkey Hot Dog (Healthy Choice)
Grilled Hot Dog w/ Fixings
Hamburger w / Toppings

Grill

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

Accompaniments

Italian Cut Green Beans
French Fries
Baked Beans

Desserts

LUNCH

Chocolate Ice Box Pie

DINNER

Cookies

WK 1

RWC CULINARY SERVICE PHONE
NUMBERS

HOSTESS LINE #4816, for most reservations

BETTY POLK #4016, Office Manager Holiday/Brunch
reservations *Only*

LYNASIA VENEY, #4091, Director of Culinary Services

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

GARY GLOVER— Associate Director of Culinary Services

CHEF TV FLYNN # 4091

KITCHEN # 4017



132 LANCASTER DRIVE, IRVINGTON, VA. 22480

804-438-4000

WWW.RW-C.ORG

Rappahannock Westminister-Canterbury
Monday Dining Mar. 18, Apr. 15; May 13; Jun. 10

Lunch

Starters

Split Pea 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, chopped steak grilled, burger or hot dog to order.

Sandwiches are also available

Accompaniments

Wax Beans, Sautéed Spinach
Roasted Chive Yukon Potatoes

Dinner

Starters

Split Pea Soup
Marinated Cucumber Salad

Entrées

Spaghetti w/ Bolognese Sauce
@RWC Salad w / Cranberry Muffin (Healthy Choice)

Grill

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

Accompaniments

Steamed Broccoli
Olive Oil Roasted Cauliflower
Italian Garlic Bread

Desserts

Caramel Vanilla Crunch Cake

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

NOTES

Lunch

Starters

Navy Bean Soup
Balsamic Green Bean Salad

Entrées

*Flounder w / Lemon Butter & Chives (Healthy Choice)
Bourbon Bacon Wrapped Pork Tenderloin

Grill

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

Sandwiches are also available

Accompaniments

Lima Beans w / Pimentos, Roasted Artichokes; Fluffy White Rice
Corn Muffin

Dinner

Starters

Navy Bean Soup
Balsamic Green Bean Salad

Entrées

Corned Beef
*Salmon Cakes (Healthy Choice)

Grill

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

Accompaniments

Cabbage
Baby Carrots
Parslied Whole White Potatoes
Crusty Ciabatta Bread

Desserts

Lemon Cheese Cake Tarts

WK 1

NOTES

Rappahannock Westminster-Canterbury
Wednesday Dining Mar. 20; Apr. 17; May 15; Jun. 12

Lunch

Starters

Curry Corn Chowder
Asian Salad

Entrées

*Grilled Chicken Caesar Salad w / Poppy Seed Muffin (Healthy Choice)
Pulled Pork BBQ w / Carolina Slaw on Soft Potato Bun

Grill

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

Sandwiches are also available

Accompaniments

Sugar Snap Peas, Cowboy Baked Beans
Corn Cobette

Dinner

Starters

Curry Corn Chowder
Asian Salad

Entrées

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

Grill

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

Accompaniments

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

Desserts

Warm Brownie Bread Pudding w / Vanilla Ice Cream

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

Lunch

Starters

Carrots & Leek Soup
Red Skinned Potato Salad

Entrées

*Seafood Quiche
Slow Cooked Tropical Pork Chops

Grill

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

Sandwiches are also available

Accompaniments

Buttered Sliced Beets; Fried Green Cabbage
Baked Sweet Potato
Cranberry Muffin

Starters

Dinner

Carrots & Leek Soup
Red Skinned Potato Salad

Entrées

*Oven-Roasted BBQ Chicken Thighs (Healthy Choice)
Fried Catfish w / Hushpuppies

Grill

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

Accompaniments

Collard Greens
Maple Glazed Butternut Squash
Mac & Cheese

Honey Biscuit

Desserts

Strawberry Rhubarb Pie

Related Phone Numbers:

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

Betty Polk - Office Manager #4016 for Holiday reservations & Brunch

Lynasia Veney - Director of Culinary Services #4091

Gary Glover - Associate Director of Culinary Services #4015

Tara Mathis-Dietitian - (cell 804-832-6374)

Chef TV Flynn #4019

Hostess Line #4816

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.

Harvard Beets - Brown sugar, apple cider vinegar, Mrs. Dash, and butter thickened w/ corn starch.

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

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

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

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.

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

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

Chicken & Spinach Soup
Creamy Grape Salad

Entrées

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

Grill

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

Sandwiches are also available

Accompaniments

Braised Kale, Mashed Potatoes w / Gravy on the side
Spoon Bread

Dinner

Starters

Chicken & Spinach Soup
Creamy Grape Salad

Entrées

*Roasted Veal Round w / Madeira Mushrooms (Healthy Choice)
Spice Rubbed Seared Tuna Steak w / Balsamic Reduction

Grill

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

Accompaniments

Roasted Chayote Squash w / Fresh Herbs
Petit Green Beans
Baked Potato
Honey Biscuit

Desserts

Praline Pecan Cake w / Pecan Butter Sauce

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

Lunch

Starters

Afghan Vegetable & Chickpea Soup
Cherry Tomato Pasta w / Avocado Dressing

Entrées

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

Grill

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

Sandwiches are also available

Accompaniments

Baby Carrots
Refried Beans
Spanish Rice

Starters

Dinner

Afghan Vegetable & Chickpea Soup
Cherry Tomato Pasta w / Avocado Dressing

Entrées

Stuffed Pork Loin
*Greek Shrimp (Healthy Choice)
(artichokes, olives, tomato & feta)

Grill

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

Accompaniments

Asparagus, Baked Tomatoes
Rosemary Roasted New Potatoes

Crusty Baguette

Desserts

LUNCH—Cookies

DINNER—Hi-Pile Apple Pie

WK 1

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

Lunch

Starters

Chicken, Spinach & Pesto Soup
Broccoli Salad

Entrées

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

Grill

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

Sandwiches are also available

Accompaniments

Corn Kernels, Peas & Pearl Onions, Steak Fries, Corn Bread

Dinner

Starters

Chicken, Spinach & Pesto Soup
Broccoli Salad

Entrées

*Mahi Mahi w / Pineapple Salsa
Roasted Lamb Leg w / Mint Jelly

Grill

Your choice of chicken, fish, chopped steak grilled, burger or hot dog 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 12; May 10; Jun. 7

Lunch

Starters

Cream of Leek Soup
Fresh Strawberries

Entrées

Mushroom & Asparagus Quiche
*Pork Chops w / Sauerkraut
(Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Ratatouille, Stewed Tomatoes, Fried Apples,
Chive & Cheddar Dinner Roll

Dinner

Starters

Cream of Leek Soup
Pasta Salad

Entrées

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

Grill

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

Accompaniments

Mushroom Duxelles, Baked Tomato Half w / Pesto
Twice Baked Potato

Chive & Cheddar Dinner Roll

Desserts

Fruit Tart

WK 4

Rappahannock Westminster-Canterbury
Sunday Dining Mar. 24; Apr. 21; May 19

Lunch

Starters

Classic French Onion Soup
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, chopped steak grilled, burger or hot dog to order..

Accompaniments

Sautéed Mushrooms, Roasted Artichokes, Baked Potato
Artisan Dinner Roll

Dinner

Starters

Classic French Onion Soup
Grapefruit Sections

Entrées

Dilly Turkey Melt
(Jack Cheese, Canadian Bacon, Dill Pickles on Sourdough)
*Turkey Sandwich w / Lettuce, Tomato (Healthy Choice)
Salisbury Steak w / Gravy

Grill

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

Accompaniments

California Blend
(Broccoli, Carrots, Cauliflower)
Green Peas
Mashed Potatoes
Butter Biscuit

Desserts

LUNCH—Assorted Desserts
DINNER –Cookies

WK 2

Rappahannock Westminster-Canterbury
Monday Dining March 25; Apr. 22; May 20

Lunch

Starters

Chorizo, Potato & Kale Soup
Marinated Mushroom Salad

Entrées

- *Marinated Grilled Chicken Breast (Healthy Choice)
Ranch Chicken Wings
- @Baked Ziti w / Garlic Toast

Grill

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

Sandwiches are also available

Accompaniments

Broccolini, French Fries
Sautéed Snow Peas

Starters

Dinner

Chorizo, Potato & Kale Soup
Marinated Mushroom Salad

Entrée

- Crab Stuffed Flounder
- *Baked Flounder w / Olive Oil Herbs (Healthy Choice)
Country Fried Veal Cutlet w / Homemade Pepper Gravy

Grill

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

Accompaniments

Edamame Blend
Roasted Whole Beets
Brown Rice Pilaf

Poppy Seed Roll

Desserts

Key Lime Pie

Rappahannock Westminster-Canterbury
Thursday Dining April 11; May 9; Jun. 6

Lunch

Starters

Stuffed Pepper Soup
White Bean Salad

Entrées

- RW-C Dinner Salad w / Lemon Poppy Seed Muffin
- *Turkey Cutlet w / Lime Butter Sauce (Healthy Choice)

Grill

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

Sandwiches are also available

Accompaniments

Sautéed Kale
Prince Edward Blend Vegetables (carrots, green & wax beans)
Barley Pilaf, Asian Roll

Dinner

Starters

Hot & Sour Soup
White Bean Salad

Entrées

- General Tso's Chicken
Shrimp Fried Rice
- *Sautéed Shrimp (Healthy Choice)

Grill

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

Accompaniments

Egg Rolls
Sichuan Snow Peas
Chinese Broccoli w / Garlic Sauce
Jasmine Rice
Chinese Scallion Pancake

Desserts

Homemade Bailey's Chocolate Cake

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

Lunch

Starters

Creamy Asparagus & Potato Soup
Broccoli & Grape Salad

Entrées

*Spaghetti w / Italian Sauce (no meat) (Healthy Choice)
Meat Lover's Spaghetti w / Shaved Parmesan & Fresh Basil
*Pan - Seared Fish w / Olive Oil

Grill

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

Sandwiches are also available

Accompaniments

Broccoli
Roasted Fennel, Country Fried Potatoes, Parmesan Toast

Dinner

Starters

Creamy Asparagus & Potato Soup
Broccoli & Grape Salad

Entrées

*Chesapeake Omelet w / Blueberry Muffin (Healthy Choice)
Slow Cooked Asian Short Ribs

Grill

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

Accompaniments

Ginger Glazed Sugar Snap Peas, Buttered Beets
Baked Sweet Potato

Crispy Baguette

Desserts

Coconut Milk Custard w / Strawberry Compote

WK 4

Rappahannock Westminster-Canterbury
Tuesday Dining March 26; Apr. 23 ; May 21

Lunch

Starters

Italian Wedding Soup
Pear w / Pecans Salad

Entrées

*Citrus Coconut Cod w / Crusty Baguette (Healthy Choice)
Fajita in a Bowl
(tomatoes, peppers, corn , flank steak, cotija cheese, salad greens)

Grill

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

Sandwiches are also available

Accompaniments

Grilled Yellow Squash, Roasted Root Vegetables, Black Beans
French Roll

Dinner

Starters

Italian Wedding Soup
Pear w / Pecans Salad

Entrées

*Grilled Swordfish w / Mango Salsa (Healthy Choice)
Cobb Salad Platter
(Bacon, Chicken, Blue Cheese, Egg, Avocado and Tomato)

Grill

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

Accompaniments

@Cauliflower Polonaise
Baby Carrots w / Fresh Herbs

French Roll

Desserts

Strawberry Shortcake w / House made Whipped Cream

WK 2

Lunch

Starters

Five Bean Soup
Pickled Fennel Salad

Entrées

*Vegetable Frittata (Healthy Choice)
Roasted Pork Tenderloin w / Peach Glaze

Grill

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

Sandwiches are also available

Accompaniments

Shoe peg White Corn
Roasted Raspberry Glazed Brussel Sprouts w / Craisins
Croissant

Dinner

Starters

Five Bean Soup
Pickled Fennel Salad

Entrées

Philly Steak Cheese Eggroll w / Horseradish Aioli & Cilantro Lime Slaw
*Roasted Turkey Breast w / Cranberry Chutney & Homemade Giblet Gravy (Healthy Choice)

Grill

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

Accompaniments

Green Bean Casserole
Candied Yams
Cornbread Dressing

Croissant

Desserts

Lemon Blueberry Poke Cake

Lunch

Starters

Turkey Chili
Citrus Tarragon Asparagus Salad

Entrées

Classic French Dip w / Sweet Potato Fries
(Thin Sliced Beef on Sub Roll w / Au Jus)

*4oz Sliced Beef (Healthy Choice)

Baked Potato Bar

Grill

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

Sandwiches are also available

Accompaniments

Sriracha Honey Brussel Sprouts & Cauliflower,
Sautéed Peppers & Onions Yeast Dinner Roll

Dinner

Starters

Turkey Chili
Citrus Tarragon Asparagus Salad

Entrées

Veal Meatloaf w / Ketchup Glaze
*Greek Dinner Salad w / Smoked Salmon
(Calamata Olives, Cucumbers, Red Onions, Cherry Tomatoes, Feta Cheese, Croutons & Greek Vinaigrette (Healthy Choice))

Grill

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

Accompaniments

Roasted Chinese Eggplant
Sautéed Spinach
Homemade Mashed Potatoes w / Gravy
Yeast Dinner Roll

Desserts

Texas Tornado Cake

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

Lunch

Starters

Quinoa Vegetable Soup
Dill Cucumber & Onion Salad

Entrées

*Omelet Station w / Bacon (Healthy Choice)
Fried Shrimp & Battered Avocado

Grill

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

Sandwiches are also available

Accompaniments

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

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, chopped steak grilled, burger or hot dog to order.

Accompaniments

Scalloped Carrots, Roasted Artichoke
Fluffy White Rice

Focaccia Bread

Desserts

Cherry Pie

WK 4

Rappahannock Westminster-Canterbury
Thursday Dining March 28; April 25; May 23

Lunch

Starters

Cheeseburger Soup
Potato Salad

Entrées

Curried Lamb w/ Toppings
(Coconut, peanuts, almonds, raisins, chutney, eggs, mint, onions)
Creamy Oyster Stew w / Potatoes

Grill

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

Sandwiches are also available

Accompaniments

Sauteed Baby Kale, Yellow Rice
Roasted Butternut Squash
Toasted Naan

Dinner

Starters

Cheeseburger Soup
Potato Salad

Entrées

Thai Coconut Curry Shrimp Noodle Bowl
Fried Chicken
*Baked Chicken (Healthy Choice)

Grill

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

Accompaniments

Collard Greens, Scalloped Potatoes
Fried Apples

Buttermilk Biscuit

Desserts

Millionaire Pie

WK 2

Rappahannock Westminster-Canterbury
Friday Dining March 29; April 26; May 24

Lunch

Starters

New England Clam Chowder
Marconi Salad

Entrées

It's All About the Grill

Beef or Turkey Burger w / Toppings
Beef or Turkey Hot Dog w / Toppings
Fried or Grilled Boneless Chicken Breast

Grill

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

Sandwiches are also available

Accompaniments

Green Beans, Baked Beans
Corn Cobette, Side Winder Fries

Dinner

Starters

New England Clam Chowder
Watermelon Blueberry Strawberry Salad

Entrées

*Balsamic Marinated Ginger Flank Steak w / Blue Cheese Crumbles
2-2 oz Grilled Crabcakes w / Coleslaw

Grill

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

Accompaniments

Roasted Zucchini & Onions,
Marmalade Candied Baby Carrots
Parslied New Potatoes

Fresh Baked Yeast Roll

Desserts

Coffee & White Chocolate Croissant Bread Pudding

WK 2

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

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, chopped steak grilled, burger or hot dog to order.

Accompaniments

Petite Green Beans w/ Sundried Tomatoes, Julienne Vegetables
O'Brien Potatoes, Crusty Baguette

Dinner

Starters

Golden Gouda Mushroom Soup
Orzo Salad

Entrées

Asian Beef Zucchini Noodle Bowl
*Baked Fish w / Fresh Chives (Healthy Choice)

Grill

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

Accompaniments

Sauteed Savoy Cabbage
Ginger Veggie Stir Fry
Crusty Baguette

Desserts

LUNCH- Key Lime Pie

DINNER- Cookies

WK 4

Rappahannock Westminster-Canterbury
Saturday Dining April 6; May 4; Jun.1

Lunch

Starters

Sun-Dried Tomato Tortellini Soup
Fresh Berries Salad

Entrées

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

Grill

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

Sandwiches are also available

Accompaniments

Oriental Blend; Bok Choy; Risotto, Brioche Dinner Roll

Dinner

Starters

Sun-Dried Tomato Tortellini Soup
Fresh Berries Salad

Entrées

Crab Stuffed Shrimp
*Roasted Pork Tenderloin w / Sauce Chasseur (Demi Glace w / white wine, mushrooms, shallots & parsley) (Healthy Choice)

Grill

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

Accompaniments

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

Desserts

LUNCH - Cookies

DINNER –German Chocolate Cake

WK 3

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

Lunch

Starters

White Bean Fennel Soup
Citrus Salad

Entrées

*Ranch Chopped Salad (Ranch fried chicken, bacon, tomatoes, cheese)
(Healthy Choice)
Shrimp & Broccoli Stir-Fry w / Egg Roll

Grill

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

Sandwiches are also available

Accompaniments

Cauliflower w / Red Peppers; Asian Stir Vegetables, Rice Noodles
Kaiser Dinner Roll

Dinner

Starters

White Bean Fennel Soup
Citrus Salad

Entrées

Red Wine Braised Short Ribs
*Glazed Salmon (Healthy Choice)

Grill

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

Accompaniments

French Green Bean Almandine
Sautéed Pearl Onions & Mushrooms
Roasted Yukon Gold Potatoes

Kaiser Dinner Roll

Desserts

LUNCH—Cookies

DINNER—Caramel Mascarpone Cake

WK 2

Lunch

Starters

Manhattan Clam Chowder
Three Bean Salad

Entrées

*Baked Grouper (Healthy Choice)
Prime Rib of Beef w / Red Wine Caramelized Onions
Fried Chicken Thighs & Waffles

Grill

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

Accompaniments

Burgundy Mushrooms; Baked Acorn Squash
Herbed Roasted Fingerling Potatoes, French Dinner Roll

Dinner

Starters

Manhattan Clam Chowder
Three Bean Salad

Entrées

Fried Tilapia w / Hush Puppies & Slaw
*Sautéed Tilapia (Healthy Choice)
Spaghetti w / Chicken Meatballs

Grill

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

Accompaniments

Prince Edward Blend (carrots, green & wax beans)
Baked Three Cheese Macaroni
Garlic Roll

Desserts

LUNCH—Chocolate Chip Mousse Cake

DINNER—Cookies

Lunch

Starters

@Vegan Minestrone Soup
Pina Colada Carrot Salad

Entrées

@ *Northern Neck Chicken & Fruit Salad Platter (Healthy Choice)
Italian Sub

Grill

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

Sandwiches are also available

Accompaniments

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

Dinner

Starters

@Vegan Minestrone Soup
Pina Colada Carrot Salad

Entrées

Baked Ham w / Grilled Pineapple
*Sautéed Scallops w / White Wine & Capers (Healthy Choice)
Scallops w / White Wine Cream Sauce

Grill

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

Accompaniments

Spinach Casserole;
Scandinavian Blend Vegetables
(peas, zucchini, green beans, orange carrots & onions)
Loaded Sweet Potato
Wheat Dinner Roll

Desserts

Rum Pound Cake

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

Lunch

Starters

Alaskan Cod Chowder
Chickpea & Pomegranate Salad

Entrées

Liver, Onions & Bacon
Chicken Parmesan over Noodles

Grill

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

Sandwiches are also available

Accompaniments

Fried Red Cabbage, Baked Tomato Wedge w/ Basil
Mashed Potatoes
Bavarian Brown Bread

Dinner

Starters

Alaskan Cod Chowder
Chickpea & Pomegranate Salad

Entrées

*Grilled Tuna Steak w / Seaweed Salad (Healthy Choice)
Burgundy Beef Pot Roast w / Chunky Veggies
(Potatoes, Carrots & Celery)

Grill

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

Accompaniments

Petit Green Beans
Braised Red Cabbage
Quinoa
Bavarian Brown Bread

Desserts

Lemon Raspberry Bread Pudding w / Lemon Sauce

WK 3

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

Lunch

Starters

Cabbage Soup
Tropical Fruit Salad

Entrées

Meatloaf w / Gravy
*Sautéed Shrimp w / Lemon & Olive Oil

Grill

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

Sandwiches are also available

Accompaniments

Roasted Cherry Tomatoes w / Balsamic Vinaigrette, Buttered Cut Green Beans, Loaded Mashed Potatoes
Buttermilk Biscuit

Dinner

Starters

Cabbage Soup
Tropical Fruit Salad

Entrées

Baby Back Ribs w / Blueberry Bourbon Glaze
Spinach & Feta Cheese Omelet
*Spinach Omelet (Healthy Choice)

Grill

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

Accompaniments

Fried Apples
Malibu Blend(broccoli, cauliflower, carrots)
@Lyonnaise Potatoes
Corn Bread

Desserts

Cookies Creme Pie

WK 3

Rappahannock Westminster-Canterbury
Tuesday Dining April 2; April 30; May 28

Lunch

Starters

Lemon Chicken Orzo Soup
Edamame Quinoa Salad

Entrées

*Baked Trout w / Lemon Butter (Healthy Choice)
Sweet & Sour Chicken Stir-Fry

Grill

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

Sandwiches are also available

Accompaniments

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

Dinner

Starters

Lemon Chicken Orzo Soup
Edamame Quinoa Salad

Entrées

Shepard's Pie
*Mussels w / White Wine & Garlic (Healthy Choice)

Grill

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

Accompaniments

Patty Pan Squash
Candied Bacon Brussel Sprouts
Linguini Noodles

Crusty French Roll

Desserts

Banana Pudding Cheesecake

Rappahannock Westminster-Canterbury
Wednesday Dining April 3; May 1; May 29

Lunch

Starters

Vegetable Soup
Marinated Tomato & Onion Salad

Entrées

It's all About Pizza & Wings

Meat Lover's, Veggies, Pepperoni
*Baked Chicken Thighs (Healthy Choice)
Honey BBQ Wings

Grill

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

Sandwiches are also available

Accompaniments

Parslied Carrots, Zucchini & Tomatoes, Onion Rings, Garlic Biscuit

Dinner

Starters

Vegetable Soup
Marinated Tomato & Onion Salad

Entrées

*Baked Salmon w / Grilled Lemon Slice (Healthy Choice)
Carved Pork Loin w / Strawberry & Rhubarb Chutney

Grill

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

Accompaniments

Buttered Cauliflower
Sautéed Swiss Chard
Au gratin Potatoes
Yeast Dinner Roll

Desserts

Homemade Peanut Butter Cake