

*Rappahannock
Westminster-Canterbury
Irvington, Virginia*

Summer, 2024

Dining Menu



Rappahannock Westminster-Canterbury
Sunday Dining June 16 ; July 14; Aug. 11; Sept 8

Lunch

Watermelon Soup
Pickled Beet Salad

Entrée Choices

Crabmeat Eggs Benedict w / Hollandaise
French Toast w / Strawberry Compote (served with Apple Cider Bacon)
@ Healthy Choice-Plain Grilled Chicken

Select Grill

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

Accompaniments

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

Dinner

Watermelon Soup
Pickled Beet Salad

Entrée Choices

Baked 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, burger or hot dog to order.

Accompaniments

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

Desserts

Lunch- Crème Brulee Cheese Cake

Dinner—Cookies

NOTES

NOTES

Rappahannock Westminster-Canterbury
Monday Dining June 17; July 15; Aug. 12; Sept. 9

Lunch

Beef Vegetable Soup
Creamy Cucumber Salad

Entrée Choices

*Balsamic Marinated Flank Steak
Chicken Marsala w / Cheesy Risotto & Toasted French Bread

Select Grill

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

Sandwiches are also available

Accompaniments

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

Dinner

Beef Vegetable Soup
Creamy Cucumber Salad

Entrée Choices

Fried Shrimp w / Cole Slaw
@Sauteed Shrimp w / Fresh Chives
Meatloaf w / Gravy

Select Grill

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

Accompaniments

Scandinavian Blend
(peas, zucchini, green beans, orange carrots & onions)
Green Peas
Homemade Mashed Potatoes
Cheddar Filled Herb Biscuit

Desserts

Peanut Butter Pie

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

Lunch

Chicken w / Orzo Soup
Greek Pesto Pasta Salad

Entrée Choices

@Salmon Cakes w / Fennel Slaw Healthy Choice
Reuben Sandwich

Select Grill

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

Accompaniments

Italian Green Beans
Mac & Cheese
Fresh Fried Apples

Poppy Seed Roll

Desserts

Pineapple Dump Cake

Menu Item Descriptions

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.

Beef Bolognese- Chunks of beef tenderloin simmered with onion, garlic, crushed tomatoes, mushrooms and Italian seasoning served over pasta.

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

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

Israel Couscous- Israel Couscous cooked with almonds, toasted, pomegranate seeds, 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 Salad - Ground Beef, diced tomatoes shredded Cheddar cheese, sliced black olives, Queso Blanco Sauce, Cheddar Cheese Sauce,

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

Beef Bolognaise- Chunks of beef 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

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

Lunch

Manhattan Clam Chowder
Pina-Colada Fluff Salad

Entrée Choices

Mexican Taco Bowl
Chicken Fajitas

Select Grill

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

Sandwiches are also available

Accompaniments

Broccoli, Drunken Beans,
Mexican Street Corn Blend; Spinach Rice
Assorted Dinner Rolls

Dinner

Manhattan Clam Chowder
Pina-Colada Fluff Salad

Entrée Choices

*Cilantro Lime Chicken Thighs
Mozzarella Stuffed Burger w / Pesto Mayo & Fixings

Select Grill

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

Accompaniments

Roasted Squash Medley
Peas & Carrots
Beer Battered Onion Rings
Assorted Dinner Rolls

Desserts

Millionaire Pie

Rappahannock Westminster-Canterbury
Thursday June 20; July 18; Aug. 15; Sept 12

Lunch

Chilled Peach Soup
Asian Style Slaw

Entrée Choices

Chesapeake Omelet w / Cranberry Orange Nut Muffin
Catfish Fingers w / Pickle Remoulade
@Baked Catfish w / Dill

Select Grill

Your choice of chicken, fish, or chopped steak grilled, burger or hot dog 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
Shrimp & Broccoli Stir –Fry
@ Steamed Shrimp w / Butter Sauce

Select Grill

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

Accompaniments

Stir-Fry Vegetables
Jasmine Rice
Chinese Broccoli w / Garlic Sauce
Egg Roll

Cheesy Naan Bread

Desserts

Apple Pecan Crisp w / Maple Cream Sauce

WK 1

Related Phone Numbers:

Hostess Desk #4816 for most reservations or **(CELL # 804-567-0008)**
Betty Polk #4016 Office Manager -for Holiday reservations & Brunch Only
Lynasia Veney, Director of Culinary Services #4091
Gary Glover # 4015– Associate Director of Culinary Services
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.

Holiday Meals:

The number to call for reservations is the Betty Polk #4016. On these days we do not serve dinner in the Grille, but boxed dinners can be ordered by 3:00p.m. that day to be picked up by 5:00 p.m. These **boxed meals can be ordered by calling #4816.**

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

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

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 includes "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 21, July 19; Aug. 16; Sept. 13

Lunch

Summer Squash Soup
Strawberry & Tomato Salad

Entrée Choices

@Baked Rainbow Trout
*Grilled Chicken Caesar Salad w / Lemon Scone

Select Grill

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

Sandwiches are also available

Accompaniments

Succotash; Grilled Vegetable Blend
Coconut Rice
Focaccia Bread

Dinner

Summer Squash Soup
Strawberry & Tomato Salad

Entrée Choices

Fried Shrimp & Crab Po' Boy w / Potato Wedges
(fried shrimp, crab, lettuce, tomato, Rémoulade)
*@Roasted Moroccan Lamb w / Shiraz Honey Sauce (Healthy Choice)

Select Grill

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

Accompaniments

Sautéed Baby Kale
Roasted Coriander Carrots
*Israel Couscous

Dark Bavarian Bread

Desserts

Blackberry Cobbler

Rappahannock Westminster-Canterbury
Saturday Dining June 22, July 20; Aug. 17; Sept 14

Lunch

Fresh Chopped Spinach & Ginger Soup
Green Pea Salad

Entrée Choices

Hamburger on Potato Bun, Choice of American, Swiss or Cheddar Cheese

@Turkey Hot Dog

Grilled Hot Dog w / Fixings

Select Grill

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

Sandwiches are also available

Accompaniments

Roasted Corn Blend; Italian Cut Green Beans; Baked Beans, French Fries

Dinner

Fresh Chopped Spinach & Ginger Soup
Green Pea Salad

Entrée Choices

@Glazed Salmon w / Orange Marmalade Sauce

Veal Scaloppine w / Lemon & Capers

Select Grill

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

Accompaniments

Baked Roma Tomato Casserole

Maple Glazed Butternut Squash

Broccoli & Cauliflower

Honey Biscuit

Desserts

Lunch -Cookies

Dinner -Ricotta Cheese Cake

WK 1

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

Lunch

Chilled Peach Soup

Cucumber, Tomato & Zucchini Salad

Entrée Choices

All Beef Frank w / Sauerkraut

Indian Butter Chicken w / Basmati Rice

@Baked Chicken

Select Grill

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

Sandwiches are also available

Accompaniments

Monaco Vegetable Blend (wax & green beans, carrots), Broccoli

Sweet Potato Fries; Cheese Garlic Herb Naan

Dinner

Chilled Peach Soup

Cucumber, Tomato & Zucchini Salad

Entrée Choices

@Shrimp and Crabmeat Salad Platter w / Honey Cornbread

Roasted Herb Crusted Leg of Lamb w / Mint Jelly

Select Grill

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

Accompaniments

Baked Acorn Squash

Sauteed 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 12; Aug 9; Sept 6

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, burger or hot dog to order.

Sandwiches are also available

Accompaniments

Late Summer Greens Sauté
Baked Parmesan Cauliflower

Dinner

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

Entrée Choices

Grilled Rib-Eye Steak w / Roasted Corn Salad
Blueberry Bourbon Chicken

Select Grill

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

Accompaniments

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

Ciabatta Bread

Desserts

Banana Pudding Pie

WK 4

Rappahannock Westminster-Canterbury
Sunday Dining June 23; July 21; Aug. 18;

Lunch

Chicken & Rice 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, burger or hot dog to order.

Accompaniments

Asparagus, Sweet & Spicy Roasted Carrots
Chive Yukon Roasted Potatoes; Artisan Roll

Dinner

Chicken & Rice Soup
Tropical Fruit

Entrée Choices

Fish & Chips
Stuffed Mushroom Ravioli w / Spinach, Mushrooms Parmesan
and Cream Sauce
@Steamed Fish (to order)

Select Grill

Your choice of chicken, fish, or chopped steak grilled, burger or hot dog 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 24; July 22; Aug 19

Lunch

Smoked Gouda Mushroom Soup
Giardiniera Salad

Entrée Choices

Salmon & Broccoli Quiche
Crispy Fish Taco
@Broiled Fish Taco (Healthy Choice)

Select Grill

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

Sandwiches are also available

Accompaniments

Edamame, Roasted Julienne Vegetables
Orzo Pilaf; Crusty Kaiser Roll

Dinner

Smoked Gouda Mushroom Soup
Giardiniera Salad

Entrée Choices

Asian @Dinner Salad w / Spinach, Radishes, Mandarin Oranges, Poached Shrimp and Sesame Vinaigrette
Brown Sugar Dijon Crusted Pork Loin

Select Grill

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

Accompaniments

French Beans Almandine, Stir-Fried Shaved Brussels Sprouts
Yukon Gold Mashed Potatoes

Cinnamon Chip Muffin

Desserts

Lemon Meringue Pie

WK 2

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

Lunch

Summer Corn Soup w / Crisp Prosciutto
Cole Slaw

Entrée Choices

BBQ Pulled Pork Sandwich on a Bun
Mushroom Stroganoff
@Baked Tilapia / Mushroom Sauce

Select Grill

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

Sandwiches are also available

Accompaniments

Sauteed Zucchini & Onions
Cherry Couscous; Honey Glazed Carrots; Glorious Morning Muffin

Dinner

Summer Corn Soup w / Crisp Prosciutto
Potato Salad

Entrée Choices

@ Baked Catfish
Fried Catfish w / Hushpuppies
Buffalo Burger w / Onion Straws on Potato Bun

Select Grill

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

Accompaniments

Maple Green Beans & Raisins
Corn on the Cob
Vegetable Blend
Baked Beans

Dinner Rolls

Desserts

Bonefish Grill Coconut Pie w / Rum Sauce

WK 4

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

Lunch

Roasted Red Pepper Soup
Carrot Salad

Entrée Choices

*Beef Bolognese over Linguine Noodles
@Grilled Chicken w / Spinach & Kale Salad
(Berries, Walnut, Goat Cheese)

Select Grill

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

Sandwiches are also available

Accompaniments

Balsamic Roasted Whole Beets; Broccolini
Herb Biscuit

Dinner

Roasted Red Pepper Soup
Carrot Salad

Entrée Choices

Salisbury Steak w / Sweet Onions & Mushrooms
Meaty Lasagna

Select Grill

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

Accompaniments

Cheddar Tomato Cobbler, Balsamic Yellow Squash & Zucchini Wedges
Homestyle Mashed Potatoes
Homemade Garlic Bread

Desserts

Homemade Peanut Butter Cake

WK 4

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

Lunch

Italian Turkey & Spinach Soup
Basil & Cherry Tomato Caprese Salad

Entrée Choices

BBQ Pulled Pork Sandwich w / Cole Slaw on a Bun
@Herb-Roasted Bone-in-Chicken Thigh

Select Grill

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

Sandwiches are also available

Accompaniments

Broccolini; Peas & Shoe Peg Corn; Fried Potato Wedge
Cheddar & Chive Biscuits

Dinner

Italian Turkey & Spinach Soup
Basil & Cherry Tomato Caprese Salad

Entrée Choices

@Grilled Mahi-Mahi w / Pineapple Salsa
Herb-Crusted Top Sirloin Round Roast Beef w / Horseradish Cream

Select Grill

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

Accompaniments

Corn on the Cob
Parslied Red Potatoes
Sauted Mix Greens

Hawaii Roll

Desserts

Peach Crisp

WK 2

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

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, burger or hot dog 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

@ Grilled Salmon w / Lemon Dill Cream Sauce
German Pork Chops w / Sauerkraut & Apples

Select Grill

Your choice of chicken, fish, or chopped steak grilled, burger or hot dog 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 9; Aug 6; Sept 3

Lunch

Broccoli & Cheddar Soup
Minty Watermelon & Cucumber Salad

Entrée Choices

Chicken Parmesan Burger on Potato Bun
@Flounder in Lemon Butter Sauce

Select Grill

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

Sandwiches are also available

Accompaniments

Ratatouille; White Cheddar Baked Corn; Side Winder Fries; Croissant

Dinner

Broccoli & Cheddar Soup
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, burger or hot dog to order.

Accompaniments

Roasted Coriander Carrots, Shaved Brussels Sprouts
Buttered Penne Pasta

Croissant

Desserts

Chocolate Brownie w / Coffee Frosting

WK 4

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

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, burger or hot dog 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

Ham and Cheese Omelet w / Lemon Muffin
@Grilled Chicken w / Peach Chutney (Healthy Choice)

Select Grill

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

Accompaniments

O' Brien Potatoes
Sauteed Cherry Tomatoes
Baby Broccoli & Cauliflower Blend

Whole Wheat Roll

Desserts

Assorted Cheese Cake

WK 4

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

Lunch

Chilled Cantaloupe Soup w / Lemon & Ginger
Fennel Orange 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, burger or hot dog 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
Fennel Orange Salad

Entrée Choices

Chef's Special Omelet w / Country Ham, Crabmeat & Cheddar
@Plain Omelet- Healthy Choice
Country-Style BBQ Ribs w / Jalapeno Cheddar Muffin

Select Grill

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

Accompaniments

Balsamic Roasted Brussel Sprouts & Mushroom
Cheese Grits
Olive Oil Oven Roasted Fingerling Potatoes

Desserts

Pineapple Meringue Pie

WK 2

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

Lunch

Sweet Onion Soup
Watermelon Salad w / Feta & Mint

Entrée Choices

*Loaded Nacho Salad
Seafood Tampico over Pasta (shrimp scallops, broccoli)
@Grilled Shrimp to Order Healthy Choice

Select Grill

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

Sandwiches are also available

Accompaniments

Sauteed Summer Squash, Malibu Blend (broccoli, cauliflower, carrots)
Scallop Potatoes
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, burger or hot dog to order.

Accompaniments

Baked Tomato Casserole, Roasted Parmesan Asparagus
Orzo Pilaf

Yeast Dinner Roll

Desserts

Boston Crème Poke Cake

WK 2

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

Lunch

Tomato Basil Soup
Olive Mix Salad

Entrée Choices

Blueberry Pancakes, Eggs, Canadian Bacon
Crispy Bacon
Slow Cooked Tropical Pork Chops
@Grilled Marinated Chicken Breast (Healthy Choice)

Select Grill

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

Accompaniments

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

Dinner

Tomato Basil Soup
Olive Mix Salad

Entrée Choices

Grilled Tomato Pimento Cheese Sandwich
@Baked Snapper w / Fresh Pineapple Salsa

Select Grill

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

Accompaniments

Steamed Spinach, Peas
Herb Buttered Creamer Potatoes
Cheesy Garlic Bread

Desserts

Lunch- German Chocolate Cake
Cookies- Cookies

WK 4

Rappahannock Westminster-Canterbury
Saturday Dining July 6; Aug 3; Aug. 31

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, burger or hot dog to order.

Sandwiches are also available

Accompaniments

Southern 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
@Seared Yellowfin Tuna over Ancient Black Rice (Healthy Choice)

Select Grill

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

Accompaniments

Steamed Asparagus
Vidalia & Artichoke Casserole
Brown Rice Pilaf
Dinner Roll

Desserts

Lunch— Cookies
Dinner— Caramel Galaxy Cake

WK 3

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

Lunch

Chicken Gumbo
Orzo and Grape Salad

Entrée Choices

@California Club Wrap
Tuna Noodle Casserole
Fried Chicken Finger w / Honey Mustard

Select Grill

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

Sandwiches are also available

Accompaniments

Steamed Baby Carrots; Zucchini Fritter
Edamame Blend; Garlic Bread

Dinner

Chicken Gumbo
Orzo and Grape Salad

Entrée Choices

@Baked Flounder w / Lemon Caper Sauce
Roasted Prime Rib au Jus

Select Grill

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

Accompaniments

Braised Swiss Chard, Oven Roasted Cauliflower w / Cumin & Paprika
Rosemary & Dijon Roasted Red Potatoes
Rice Pilaf

Croissant Dinner Roll

Desserts

Lunch— Cookies

Dinner— Italian Lemon Cream Cake

WK 2

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

Lunch

Mushroom & Fennel Soup
Grapefruit Sections

Entrée Choices

French Toast w / Fresh Macerated Berries & Sausage
*Chicken Cordon Bleu
@ Baked Grouper w / Mango Salas

Select Grill

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

Accompaniments

Potato au Gratins, Orange Glazed Beets,
Scandinavian Blend
(peas, zucchini, green beans, orange carrots & onions) Buttermilk Biscuits

Dinner

Mushroom & Fennel Soup
Grapefruit Sections

Entrée Choices

Philly Cheese Steak on Hoagie Roll
@Turkey Al King

Select Grill

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

Accompaniments

Sugar Snap Peas, Oven Roasted Pepper Medley
Garlic Lemon Butter Potatoes
Brown Bread Dinner Roll

Desserts

Lunch– Chocolate Chip Mouse Pie

Dinner –Cookies

WK 3

Rappahannock Westminster-Canterbury
Friday Dining July 5; Aug 2; Aug. 30

Lunch

Curry Corn Chowder
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, burger or hot dog to order.

Sandwiches are also available

Accompaniments

Pacific Vegetable Blend (carrots, broccoli, snap peas), Sautéed Kale
Glazed Beets Brioche Roll

Dinner

Curry Corn Chowder
Creamy Broccoli Pasta Salad

Entrée Choices

Grilled Strip Steak w / Bearnaise Sauce
@Lemon Caper Salmon

Select Grill

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

Accompaniments

Mushroom Duxelle Casserole, Broiled Tomato Half w / Parmesan
Roasted Red Potatoes w / Rosemary
Grilled Mixed Vegetable Blend

Brioche Roll

Desserts

Pineapple Up-Side Down Cake

WK 3

Rappahannock Westminster-Canterbury
Thursday Dining July 4; Aug 1; Aug. 29

Lunch Mexican

Chilled Strawberry Soup
Old Fashion Potato Salad

Entrée Choices

@Grilled Chicken (Healthy Choice)
Enchilada Baked Chicken Thighs
Spanish Lamb w / Sherry, Honey & Pepper

Select Grill

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

Sandwiches are also available

Accompaniments

Corn Fiesta Blend, Spaghetti Squash
Cilantro White Rice, Honey Butter Biscuits

Dinner

Chilled Strawberry Soup
Old Fashion Potato Salad

Entrée Choices

Fried Chicken
Meatloaf w / Brown Onion Gravy
@Herbed Baked Chicken (Healthy Choice)

Select Grill

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

Accompaniments

Collard Greens
Baked Brie Mac & Cheese
Homemade Mashed Potatoes
Corn

Honey Cornbread

Desserts

Meyer Lemon Cake

WK 3

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

Lunch

Summer Vegetable Soup
Cucumber and Onion Salad

Entrée Choices

Chef Salad Platter & Blueberry Muffin @ (Omit cheese) Healthy Choice
Calves Liver w / Sautéed Sweet Onions

Select Grill

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

Sandwiches are also available

Accompaniments

Red Cabbage, Bean Medley (Green Beans, Wax Beans & Red Peppers)
Home Fried Potatoes, Brioche Roll

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, burger or hot dog to order.

Accompaniments

Roasted Root Vegetables, Fresh Sautéed Spinach
Italian Green Blend

Spoon Bread

Desserts

Peach Pie

WK 3

Rappahannock Westminster-Canterbury
Tuesday Dining July 2; July30; Aug 27

Lunch

@Italian Wedding Soup
Mediterranean Salad

Entrée Choices

It's All About Pizza & Wings

@Baked Chicken Thighs
Chef's Choice Wings
Meat Lover's, Veggies, Pepperoni

Select Grill

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

Sandwiches are also available

Accompaniments

Oriental Blend; Zucchini & Tomatoes; Onion Rings Garlic Biscuit

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, burger or hot dog to order.

Accompaniments

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

Orange Scone

Desserts

Tiramisu

WK 3

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

Lunch

English Pea Soup w / Mint
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, burger or hot dog 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

Breaded Butterfly Shrimp w / Corn Muffin
Pineapple Chicken Curry
@Baked Cod in Olive Oil (Healthy Choice)

Select Grill

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

Accompaniments

Balsamic Roasted Zucchini
Linguine Noodles
Sliced Baguettes

Desserts

Pretzel Cherry Cheese Cake Dessert

WK 3