

## RWC CULINARY SERVICE PHONE NUMBERS

HOSTESS LINE #4816, for most reservations

CHEF TV FLYNN #4019

BETTY POLK #4016 Office Manager, Holiday/Brunch reservations *Only*  
#4091, Director of Culinary Services

# 4015, Associate Director of Culinary Services

TARA MATHIS-DIETITIAN, 804-832-6374



Rappahannock  
Westminister-Canterbury

## FALL 2024 DINING MENU

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



Rappahannock  
Westminister-Canterbury

  
**BON**  
*Appetit!*  


## FALL 2024 DINING MENU

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

## 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) \$11.00

Dinner( Mon-Sat) \$16.00 Sunday Lunch \$16.00

Sunday Dinner, \$11.00

## SPECIAL MEAL PRICES FOR GUESTS

Holiday Brunch includes wine, \$29.75

Holiday Brunch **with out wine**, \$25.75

Sunday Brunch includes wine, \$29.25

Picnic Lunch (Summer Holidays)

\$18.00includes 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**

Holiday meals are considered part of your meal plan and include wine, and beer.



## NOTES

## CULINARY SERVICES RELATED PHONE NUMBERS

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**CHEF TV FLYNN #4019**

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

**#4091** Director of Culinary Services

**#4015** Associate Director Culinary Services

**TARA MATHIS-DIETITIAN**– 804-832-6374

### SYMBOLS MEANING

@ (Healthy Choice)

\* Descriptions of the (Food)

w / means (with)



**SUNDAY DINING SEP. 22; OCT. 20; NOV. 17; DEC. 15 WK 1**  
**LUNCH**

**STARTERS**

Crab Bisque  
3-Bean Salad

**Entrées**

Crab, Asparagus & Cheddar Cheese Quiche  
Beef Burgundy Tips w / Mushrooms  
Breakfast Pancakes w / Sausage Link

**Grill**

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

**Accompaniments**

Sautéed Petite Green Beans  
Roasted Vegetables  
Egg Noodles

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

**Accompaniments**

Braised Kale; Oven Potato Wedges  
Corn Marque Choux w / Onions, Peppers & Cajun Spice

**Croissant**

**Desserts**

Assorted Desserts

## MENU ITEM DESCRIPTIONS

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

**4-Way Mixed 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 and brown sugar

**Lindenberg Potatoes**– Whole potatoes baked with parsley and butter.

**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 and 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

## SYMBOLS MEANING

@ (Healthy Choice)

\* Descriptions of the (Food)

w / means (with)

MONDAY DINING SEP. 23; OCT. 21; NOV. 18; DEC. 16 WK 1

## LUNCH

### STARTERS

Tomato Soup  
Cucumber & Onion Salad

### Entrées

Gourmet Grilled Cheese  
(Provolone, Swiss, Cheddar on Sour Dough)  
@Baked Cod

### Grill

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

Meatloaf w/ Gravy  
@Baked Chicken Thighs in Thai Coconut Sauce

### Grill

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

### Accompaniments

Spaghetti Squash  
Sauteed Spinach; Mashed Potatoes

### **Yeast Dinner Roll**

### Desserts

Cherry Pie

**TUESDAY DINING SEP. 24; OCT. 22; NOV. 19; DEC. 17 WK 1**

**LUNCH**

**STARTERS**

Potato Leek Soup  
California Cole Slaw

**Entrées**

Vegetable Quiche  
(w/ Squash, Mushrooms & Spinach)  
Pulled Pork BBQ Sandwich w / Cole Slaw Vinaigrette

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Lima Beans  
Brussels Sprouts

**Biscuit**



**DINNER**

**STARTERS**

Potato Leek Soup  
California Cole Slaw

**Entrées**

Baked Pork Chops w / Peach Sauce  
\* @ Herb Roasted Airline Chicken Breast

**Grill**

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

**Accompaniments**

Sugar Snap Peas  
Stewed Tomatoes  
Mac & Cheese

**Biscuit**

**Desserts**

German Chocolate Pie

**SATURDAY DINING OCT.19; NOV. 16; DEC. 14 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, grilled chopped steak ,burger or hot dog to order.

**Sandwiches are also available**

**Accompaniments**

Steamed Cauliflower  
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

**Grill**

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

**Accompaniments**

Scandinavian Blend (carrots, peas, zucchini & green beans)  
Roasted Fingerling Potatoes

**Biscuit**

**Desserts**

Pecan Pie

FRIDAY DINING OCT. 18; NOV. 15; DEC. 13

WK 4

**LUNCH**

**STARTERS**

Turkey Noodle Soup  
Asparagus & Artichoke Salad

**Entrées**

Braised Pork w / Sauerkraut  
Cheese Quesadilla w / Salsa, Sour Cream & Guacamole

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Sauteed Kale  
Black Beans & Corn Fiesta  
**Poppy Seed Dinner 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, grilled chopped steak ,burger or hot dog to order.

**Accompaniments**

Parsnips & Carrots  
Broccolini  
\*Lindenberg Potatoes  
**Poppy Seed Dinner Roll**

**Desserts**

Apple Bread Pudding

WEDNESDAY DINING SEP. 25; OCT. 23; NOV.20; DEC. 18 WK 1

**LUNCH**

**STARTERS**

\*Minestrone Soup  
Antipasto Salad

**Entrées**

Margherita Flatbread Pizza (w / Fresh Mozzarella, Basil & Marinara)  
Beef Hot Dogs with Fixings

**Grill**

Your choice of chicken, fish, grilled chopped steak ,burger or hot dog 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**  
Chicken Cacciatore

**Grill**

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

**Accompaniments**

Asparagus  
Ratatouille  
Parmesan Orzo

**Desserts**

Tiramisu

**THURSDAY DINING SEP. 26; OCT. 24; NOV.21; DEC. 19 WK 1**

**LUNCH**

**STARTERS**

Creamy Broccoli & Cheddar Soup  
Butternut Squash Salad

**Entrées**

Beef Stroganoff w / Egg Noodles  
(Lean Beef, Skim Milk, Low Fat Sour cCream)  
@Baked Flounder w / Corn Muffin

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Grilled 4-Way Mixed Vegetables  
Buttered Corn

**Bavarian Brown Bread**



**DINNER**

**STARTERS**

Creamy Broccoli & Cheddar Soup  
Butternut Squash Salad

**Entrées**

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

**Grill**

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

**Accompaniments**

Green Bean Casserole  
Peas & Carrots  
Yukon Mashed Potatoes

**Bavarian Brown Bread**

**Desserts**

Apple Spice Cake

**THURSDAY DINING OCT. 17; NOV. 14; DEC. 12 WK 4**

**LUNCH**

**STARTERS**

Sweet Potato Soup  
Autumn Fruit Salad

**Entrées**

@Broccoli & Cheese Quiche  
Honey Baked Chicken Drumsticks

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Roma Tomato Casserole  
Petit Green Beans  
Corn Pudding

**Croissant**



**DINNER**

**STARTERS**

Sweet Potato Soup  
Autumn Fruit Salad

**Entrées**

@Flounder Mediterranean (with Olives, Tomatoes and Capers)  
Roasted Turkey Breast w / Dressing & Gravy  
Dark Meat Available

**Grill**

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

**Accompaniments**

Fresh Scalloped Apples  
Asparagus  
Yukon Mashed Potatoes

**Hawaiian Roll**

**Desserts**

Peanut Butter Brownie



**WEDNESDAY DINING OCT. 16; NOV. 13; DEC. 11 WK 4**

**LUNCH**

**STARTERS**

\*Mulligatawny Soup  
Bombay Carrot Salad

**Entrées**

@Chicken Tacos  
Baked Ham w / Grilled Pineapple

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Acorn Squash  
Braised Celery  
Vegetable Couscous w / Zucchini, Onions & Mushrooms  
**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, grilled chopped steak ,burger or hot dog to order.

**Accompaniments**

Basmati Rice  
\*Indian Cabbage  
Roasted Curried Carrots  
**Spiced Naan Bread**

**Desserts**

Rice Pudding

**FRIDAY DINING SEP. 27; OCT. 25; NOV.22; DEC. 20 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, grilled chopped steak ,burger or hot dog to order.

**Sandwiches are also available**

**Accompaniments**

Artichokes  
Carrots & Cauliflower  
Seasoned Hash Brown Potatoes  
**Kaiser Roll**



**DINNER**

**STARTERS**

Turkey Noodle Soup  
Corn & Black Bean Salad

**Entrées**

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

**Grill**

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

**Accompaniments**

Roasted Acorn Squash  
Sautéed Spinach  
Potato Casserole  
**Kaiser Roll**

**Desserts**

Blueberry Bread Pudding

**SATURDAY DINING SEP. 28; OCT. 26; NOV.23; DEC. 21 WK 1**

**LUNCH**

**STARTERS**

Senate Bean Soup  
Watergate Salad

**Entrées**

@Rainbow Trout Amandine  
Hamburger w / Lettuce & Tomato on Potato Bun

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Sauteed Red Peppers  
Steamed Broccolini, Shoe String Fries

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

**Accompaniments**

Broiled Tomato Half  
Sautéed Mushrooms  
Roasted Dijon Yukon Gold Potatoes

**Biscuit**

**Desserts**

Butter Pound Cake with Rum Glaze

**TUESDAY DINING OCT. 15; NOV. 12; DEC. 10 WK 4**

**LUNCH**

**STARTERS**

Navy Bean Soup  
Cucumber Tomato Salad

**Entrées**

Penne ala Vodka w / Sausage  
@Sea Bass w / Lemon Caper Sauce

**Grill**

Your choice of chicken, fish, grilled chopped steak ,burger or hot dog 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**

Beef Burgundy Tips w / Mushrooms  
@Feta Shrimp Skillet Dinner

**Grill**

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

**Accompaniments**

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

**Dinner Roll**

**Desserts**

Deviled Food Cake w / Caramel Frosting

**MONDAY DINING OCT. 14; NOV.11; DEC. 9 WK 4**

**LUNCH**

**STARTERS**

\*Greek Lemon Chicken Soup  
Potato Salad

**Entrées**

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

**Grill**

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

**Accompaniments**

3-Cheese Mac & Cheese

Mustard Greens

Green Peas

**Buttermilk Biscuit**

**Desserts**

Key Lime Pie

**SUNDAY DINING SEP. 29; OCT. 27; NOV. 24**

**WK 2**

**LUNCH**

**STARTERS**

Butternut Squash Bisque  
Beet Salad

**Entrées**

@Salmon w / Lemon Butter  
Roasted Beef Tenderloin w / Bearnaise Sauce  
Scrambled Eggs w / Sausage Links

**Grill**

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

**Accompaniments**

Roasted Eggplant  
Steamed Asparagus

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

**Accompaniments**

Fried Apples

Brown Rice

Pacific Blend (Snap Peas; Carrots; Yellow Peppers; Broccoli)

**Dinner Roll**

**Desserts**

German Chocolate Cake

**MONDAY DINING SEP. 30; OCT.28; NOV. 25 WK 2**

**LUNCH**

**STARTERS**

Beef Vegetable Soup  
Tropical Fruit

**Entrées**

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

**Grill**

Your choice of chicken, fish, grilled chopped steak ,burger or  
hot dog 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 w / Lemon Butter

**Grill**

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

**Accompaniments**

Brown Sugar Baby Carrots  
Kale  
Corn -on-the Cob

**Hawaiian Roll**

**Desserts**

Coconut Custard Pie

**SUNDAY DINING OCT. 13; NOV. 10; DEC. 8 WK 4**

**LUNCH**

**STARTERS**

Gouda Cheese Soup  
Grapefruit Sections

**Entrées**

French Toast w/ Sausage Link  
@Roasted Prime Rib w / Au Jus  
Shrimp Quiche

**Grill**

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

**Accompaniments**

Roasted Zucchini  
Diced Hash Brown Potatoes (Red Potatoes & Sweet Potatoes)

**Croissant**



**DINNER**

**STARTERS**

Gouda Cheese Soup  
Grapefruit Sections

**Entrées**

\*Baked Ziti w / Meat Sauce  
Fried Catfish w / Country Slaw  
@Steamed Catfish w / Lemon and Chives

**Grill**

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

**Accompaniments**

Roasted Brussels Sprouts  
Spaghetti Squash w / Honey Butter  
Fresh Baked Apples

**Garlic Bread**

**Desserts**

Tiramisu

**SATURDAY DINING OCT. 12; NOV. 9; DEC. 7 WK 3**

**LUNCH**

**STARTERS**

Shrimp Chowder  
Macaroni Salad

**Entrées**

Beef or Turkey Hot Dogs w / Fixings

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

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Sauerkraut  
Corn-on-the-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, grilled chopped steak ,burger or hot dog to order.

**Accompaniments**

Asparagus, Baby Carrots  
Linguine Tossed w / Olive Oil

**Assorted Dinner Rolls**

**Desserts**

Cheese Cake

**TUESDAY DINING OCT. 1; OCT.29; NOV. 26 WK 2**

**LUNCH**

**STARTERS**

Cheesy Ham Chowder  
Potato Salad

**Entrées**

Cheddar and Asparagus Quiche  
Country Fried Steak w / Pepper Gravy

**Grill**

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

**Accompaniments**

Stewed Tomatoes; Collard Greens  
Roasted Potatoes

**Garlic Bread**

**Desserts**

Strawberry Cheese Cake

**WEDNESDAY DINING OCT.30; NOV. 1; NOV. 27 WK 2**

**LUNCH**

**STARTERS**

Italian Wedding Soup  
Corn & Tomato Salad

**Entrées**

@Vegetarian Chili w / Corn Muffin  
Swedish Meatballs

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Bean Medley (Lima, Pinto & White Beans)  
Buttered Egg Noodles  
Green Peas  
Cauliflower Vegetable Blend  
(Cauliflower, Broccoli & Carrots)

**Dinner Roll**



**DINNER**

**STARTERS**

Italian Wedding Soup  
Corn & Tomato Salad

**Entrées**

BBQ Baby Back Ribs  
Fried Oysters

**Grill**

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

**Accompaniments**

Skillet Corn; Baked Roma Tomato Casserole  
Baked Sweet Potato  
Corn Muffin

**Desserts**

Pumpkin Pie

**FRIDAY DINING OCT. 11; NOV. 8; DEC. 6**

**WK 3**

**LUNCH**

**STARTERS**

Creamy Tomato Basil Soup  
Sunshine Salad

**Entrées**

@Chopped Steak w /Grilled Onions  
Tuna Noodle Casserole

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Broccoli  
Okra & Tomatoes  
Mashed Potatoes w / Cheddar & Chives

**White Dinner Roll**



**DINNER**

**STARTERS**

Creamy Tomato Basil Soup  
Sunshine Salad

**Entrées**

Chicken Breast Cordon Bleu  
@Broiled Shrimp & Scallops  
Seafood Newburg

**Grill**

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

**Accompaniments**

Sauteed Spinach  
Burgundy Mushrooms  
Roasted Fingerling Potatoes

**White Dinner Roll**

**Desserts**

Devils Food Cake w / Buttercream Icing

THURSDAY DINING OCT. 10; NOV. 7; DEC. 5

WK 3

**LUNCH**

**STARTERS**

White Chili  
Apple Sauce

**Entrées**

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

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Artichoke & Spinach Casserole, Braised Leeks  
Fried Potato Wedges

**Buttermilk Biscuits**



**DINNER**

**STARTERS**

White Chili  
Apple Sauce

**Entrées**

Roasted Pork Loin  
@Veggie Omelet Station

**Grill**

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

**Accompaniments**

Red Cabbage  
Yellow Squash w / Fresh Dill  
Baked Sweet Potato

**Buttermilk Biscuits**

**Desserts**

Sweet Potato Pie

THURSDAY DINING OCT. 31; NOV. 2; NOV. 28

WK 2

**LUNCH**

**STARTERS**

Egg Drop Soup  
Orzo Salad w / Olives & Lemon Vinaigrette

**Entrées**

Bratwurst w / Sauerkraut  
@Herb Crusted Baked Grouper

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Sauteed Pepper Medley  
Sliced Beets

**Poppy Seed Roll**



**DINNER**

**STARTERS**

Egg Drop Soup  
Orzo Salad w / Olives & Lemon Vinaigrette

**Entrées**

@Mediterranean Shrimp & Orzo Salad  
(Artichokes, Peppers, Olives & feta) w / Greek Vinaigrette  
General Tso Chicken

**Grill**

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

**Accompaniments**

Oriental Vegetables, Egg Roll  
Braised Celery, Jasmine Rice

**Cranberry Orange Muffin**

**Desserts**

Chocolate Cake w / Coffee Frosting

**FRIDAY DINING OCT 4; NOV.1; NOV. 29; 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, grilled chopped steak ,burger or hot dog to order.

**Sandwiches are also available**

**Accompaniments**

Fried Green Cabbage  
Sliced Carrots w/ Fresh Dill, Potato Au Gratin

**Biscuits**



**DINNER**

**STARTERS**

Chicken w / Rice Soup  
Mediterranean Pasta Salad

**Entrées**

Red Wine Braised Beef Brisket  
@Roasted Salmon (Edamame, Tomato, Basil Relish)

**Grill**

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

**Accompaniments**

Sauteed Snow Peas  
Wild Rice Blend  
Roasted Root Vegetables ( Parsnips, Rutabaga & Carrots )

**Biscuits**

**Desserts**

Bread Pudding w / Vanilla Sauce

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

**LUNCH**

**STARTERS**

Split Pea Soup  
Creamy Cucumber & Dill Salad

**Entrées**

Baked Spaghetti w / **Garlic Bread**  
Chicken Tenders with Dijon Honey Mustard  
@Marinated Chicken Breast

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Petite Green Beans  
Baby Lima Beans, Sweet Potatoes Fries

**Wheat Roll**



**DINNER**

**STARTERS**

Split Pea Soup  
Creamy Cucumber & Dill Salad

**Entrées**

Corn Beef  
@Panko-Parmesan Baked Sea Scallops

**Grill**

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

**Accompaniments**

Steamed Cabbage, Red Potatoes  
Baby Carrots

**Wheat Roll**

**Desserts**

Baklava



**TUESDAY DINING OCT. 8; NOV. 5; DEC. 3**

**WK 3**

**LUNCH**

**STARTERS**

Beef Noodle Soup  
Broccoli & Cauliflower Salad

**Entrées**

Shrimp Fried Rice  
Chicken Teriyaki

**Grill**

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

**Sandwiches are also available**

**Accompaniments**

Marinated Stir Fry Vegetables  
Fluffy White Rice  
Egg Roll



**DINNER**

**STARTERS**

Beef Noodle Soup  
Broccoli & Cauliflower Salad

**Entrées**

@Grilled Tuna Steak w / \*Pineapple Salsa  
Turkey Tetrazzini

**Grill**

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

**Accompaniments**

Broccoli  
Baked Artichokes  
Wild Rice Blend  
Bavarian Bread

**Desserts**

Yellow Cake with Chocolate Frosting

**SATURDAY DINING OCT 5; NOV. 2; NOV.30; 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, grilled chopped steak ,burger or hot dog to order.

**Sandwiches are also available**

**Accompaniments**

\*4 Way Grilled Vegetable Mix  
Green Beans

Spaghetti Noodles, **Cheesy Garlic Toast**



**DINNER**

**STARTERS**

French Onion Soup  
Cucumber & Tomato Salad

**Entrées**

Roasted Pork Tenderloin w / Mango Salsa  
@Seared Sea Scallops w / Olive Caper Sauce

**Grill**

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

**Accompaniments**

Baked Butternut Squash  
Asparagus  
Orzo w / Parmesan & Basil

**Dinner Roll**

**Desserts**

Pecan Pie

**SUNDAY DINING    OCT 6; NOV.3; DEC. 1; 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, grilled chopped steak ,burger or hot dog to order.

**Accompaniments**

Greens  
Sliced Carrots, Mashed Sweet Potatoes  
**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, grilled chopped steak ,burger or hot dog to order.

**Accompaniments**

Green Bean Casserole  
Mashed Potatoes

**Honey Butter Biscuit**

**Desserts**

Assorted Desserts

**MONDAY DINING    OCT. 7; NOV. 4; DEC.2    WK 3**

**LUNCH**

**STARTERS**

Navy Bean Soup  
Grapefruit Sections

**Entrées**

@Spinach & Feta Quiche  
Meat Lovers Flatbread Pizza

**Grill**

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

**Accompaniments**

Vegetable Pie  
Braised Napa Cabbage  
Rice Pilaf  
**Croissant**

**Desserts**

Boston Crème Pie