

RWC CULINARY SERVICE PHONE NUMBERS

HOSTESS LINE #4816, for most reservations

CHEF TV FLYNN #4019

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

DAVID SHUTTS #4091, Director of Culinary Services

4015, Associate Director of Culinary Services

TARA MATHIS-DIETITIAN, 804-832-6374



Rappahannock
Westminister-Canterbury

FALL / WINTER 24 – 25 DINING MENU

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



Rappahannock
Westminister-Canterbury


BON
Appetit!


FALL / WINTER 24-25 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

HOSTESS DESK #4816, for most reservations

CHEF TV FLYNN #4019

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

DAVID SHUTTS #4091 Director of Culinary Services

SHERELL HOUSE #4015 Associate Director Culinary Services

TARA MATHIS-DIETITIAN— 804-832-6374

SYMBOLS MEANING

@ (Healthy Choice)

*** Descriptions of the (Food)**

w / means (with)

MEALS START DATES

Week 1 – October 14; November 11; December 9; January 6; February 3; March 3; March 31 and April 21

Week 2 - October 21; November 18; December 16; January 13; February 10; March 10 and April 7

Week 3 - October 28; November 25; December 23; January 20; February 17; March 17 and April 14

Week 4– November 4; December 2; December 30; January 27; February 24 and March 24

MEALS GO FROM MONDAY—SUNDAY

MONDAY DINING

WK 1

LUNCH

STARTERS

Tomato Soup
Cucumber Salad

Entrées

Gourmet Grilled Cheese w / Tomato & Bacon
@Baked Cod w / Garlic Sauce

Grill

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

Sandwiches are also available

Accompaniments

Green Peas w / Paprika; Sweet Potato Waffle Fries
Sliced Harvard Beets

Yeast Roll

DINNER



STARTERS

Tomato Soup
Cucumber Salad

Entrées

Meatloaf w/ Gravy
@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; Fluffy Rice; Mashed Potatoes

Yeast Roll

Desserts

Cherry Pie



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

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”

SYMBOLS MEANING

@ (Healthy Choice)

* Descriptions of the (Food)

w / means (with)

TUESDAY DINING

WK 1

LUNCH

STARTERS

Potato Leek Soup
Sweet & Sour Cole Slaw

Entrées

Harvest Vegetable Quiche
(w/ Squash, Mushrooms & Spinach)
Pulled Pork BBQ Sandwich

Grill

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

Sandwiches are also available

Accompaniments

Baby Lima Beans
Roasted Brussels Sprouts

Biscuit



DINNER

STARTERS

Potato Leek Soup
Sweet & Sour Cole Slaw

Entrées

Braised 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 w / Paprika
Stewed Tomatoes
Macaroni & Cheese

Biscuit

Desserts

German Chocolate Cake

WEDNESDAY DINING

WK 1

LUNCH

STARTERS

*Minestrone Soup
Antipasto Salad

Entrées

Margherita Flatbread Pizza (w / Fresh Mozzarella, Basil & Marinara)
Frank Chili Dog on Bun

Grill

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

Sandwiches are also available

Accompaniments

Sauteed Herbed Zucchini
Breaded Okra
Baked Beans

DINNER



STARTERS

*Minestrone Soup
Antipasto Salad

Entrées

Beef Lasagna w / **Garlic Bread**
Chicken Cacciatore Thighs, Boneless

Grill

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

Accompaniments

Seasoned Asparagus
Seasoned Orzo Pasta
Ratatouille Eggplant

Desserts

Tiramisu

SUNDAY DINING

WK 4

LUNCH

STARTERS

Roasted Red Pepper Gouda Cheese Soup
Grapefruit Sections

Entrées

French Toast Slice
@Roasted Prime Rib w / Au Jus
Seafood Shrimp Quiche

Grill

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

Accompaniments

Seasoned Zucchini
Red & Sweet Diced Potatoes (Red Potatoes & Sweet Potatoes)

Croissant



DINNER

STARTERS

Roasted Red Pepper Gouda Cheese Soup
Grapefruit Sections

Entrées

*Baked Ziti w / Beef Marinara
Fried Catfish Fillet w / Cole Slaw
@Baked 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
Garlic Bread

Desserts

Tiramisu

SATURDAY DINING

WK 4

LUNCH

STARTERS

Black Bean Cilantro Soup
Cole Slaw

Entrées

@Chicken and Zucchini Casserole
Dilly Turkey Melt Sandwich

Grill

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

Sandwiches are also available

Accompaniments

Steamed Cauliflower
Seasoned Roasted Baby Potatoes. Balsamic California Vegetable
Fresh Baked Biscuit



DINNER

STARTERS

Black Bean Cilantro Soup
Cole Slaw

Entrées

BBQ Baby Back Ribs
Fried Oysters
@ 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

THURSDAY DINING

WK 1

LUNCH

STARTERS

Broccoli Cheese Soup
Autumn Butternut Salad

Entrées

Beef Stroganoff w / Egg Noodles
(Lean Beef, Skim Milk, Low Fat Sour Cream)
@ Fillet of Flounder Baked Almondine

Grill

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

Sandwiches are also available

Accompaniments

Roasted Zucchini, Eggplant & Peppers
Seasoned Egg Noodles
Steamed Corn

Pumpnickel Bread



DINNER

STARTERS

Broccoli Cheese Soup
Autumn Butternut Salad

Entrées

Veal Marsala Cutlet
@Roasted Turkey w / Breaded Dressing

Grill

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

Accompaniments

Green Bean Casserole
Peas & Carrots
Mashed Potatoes

Pumpnickel Bread

Desserts

Apple Spice Cake

FRIDAY DINING

WK 1

LUNCH

STARTERS

Turkey Noodle Soup
Corn & Black Bean Salad

Entrées

Chicken Cordon Bleu Sandwich
Swiss 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

California Blend Vegetables
Baked Breakfast Potatoes
Artichoke Salad w / Vinaigrette

Kaiser Roll



DINNER

STARTERS

Turkey Noodle Soup
Corn & Black Bean Salad

Entrées

@Maryland Crab Cakes
Roasted Lamb of Leg w / Mint Jelly

Grill

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

Accompaniment

Sauteed Spinach
Potato Casserole w / Cheese
Baked Acorn Squash

Kaiser Roll

Desserts

Blueberry Bread Pudding

FRIDAY DINING

WK 4

LUNCH

STARTERS

Turkey Noodle Soup
Corn & Black Bean Salad

Entrées

Fire 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

Seasoned Kale
Asparagus & Artichoke Sal
Poppy Seed Dinner Roll



DINNER

STARTERS

Turkey Noodle Soup
Asparagus & Artichoke Salad

Entrées

@Grilled Salmon
Herb Roasted Pork Tenderloin

Grill

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

Accompaniments

Honey Carrots & Parsnips
Steamed Broccolini
Boiled Potatoes

Poppy Seed Dinner Roll

Desserts

Apple Bread Pudding

THURSDAY DINING

WK 4

LUNCH

STARTERS

Cream 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
Italian Green Beans
Indian Corn Pudding

Croissant



DINNER

STARTERS

Cream Sweet Potato Soup
Autumn Fruit Salad

Entrées

@Flounder Mediterranean
Herb Roasted Turkey w / Poultry Gravy

Grill

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

Accompaniments

Asparagus
Mashed Potatoes
Hawaiian Roll

Desserts

Peanut Butter Brownie

SATURDAY DINING

WK 1

LUNCH

STARTERS

Ham & Bean Soup
Watergate Salad

Entrées

@Baked Rainbow Trout Amandine
Cheese 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

Pepper Medley
Steamed Broccoli, French Fried Potatoes

Fresh Baked Biscuit



DINNER

STARTERS

Ham & Bean Soup
Watergate Salad

Entrées

@Shrimp Scampi
Strip Sirloin Steak w / Onion Straws

Grill

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

Accompaniments

Parmesan Polenta
Sautéed Mushrooms
Roasted Dijon Yukon Gold Potatoes, Broiled Tomatoes

Fresh Baked Biscuit

Desserts

Pound Cake w / Rum Glaze

SUNDAY DINING

WK 1

LUNCH

STARTERS

Seafood Bisque
3-Bean Salad

Entrées

Crab & Asparagus & Quiche
Beef Burgundy Cubes
Breakfast Pancakes w / Sausage Link

Grill

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

Accompaniments

Herbed Green Beans
Roasted Vegetables
Seasoned Egg Noodles

Buttered Croissant



DINNER

STARTERD

Seafood Bisque
3-Bean Salad

Entrées

Breaded Tilapia
@Turkey Cheese Croissant
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

Seasoned Kale; Oven Browned Potatoes Wedges
Cajun Corn & Peppers

Buttered Croissant

Desserts

Desserts of The Day

WEDNESDAY DINING

WK 4

LUNCH

STARTERS

*Mulligatawny Soup
Bombay Carrot Salad

Entrées

@ Soft Chicken Tacos
Baked Glaze Ham

Grill

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

Sandwiches are also available

Accompaniments

Baked Acorn Squash
Braised Celery
Vegetable Couscous w / Herbs & Vegetable Base

Spiced Naan Bread



STARTERS

*Mulligatawny Soup
Bombay Carrot Salad

Entrées

Curried Lamb Stew
*Indian Tilapia
@ Baked Tilapia

Grill

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

Accompaniments

Basmati Rice
*Indian Fried Cabbage
Roasted Curried Carrots

Naan Bread

Desserts

Rice Pudding

TUESDAY DINING

WK 4

LUNCH

STARTERS

Navy Bean Soup
Cucumber Tomato Salad

Entrées

Italian Sausage Vodka Sauce Herb Penna Pasta
@ Baked Sea Bass

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

White Dinner Roll



DINNER

STARTERS

Navy Bean Soup
Cucumber Tomato Salad

Entrées

Beef Burgundy SteakTips w / Mushrooms
@ Shrimp & Feta Mediterranean Baked

Grill

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

Accompaniments

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

Wheat Dinner Roll

Desserts

Deviled Food Cake w / Caramel Frosting

MONDAY DINING

WK 2

LUNCH

STARTERS

Beef Vegetable Soup
Chilled Tropical Fruit

Entrées

@Spaghetti w / Turkey Bolognese
Steak House Roast Beef Sandwich

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 in Garlic Butter
Steak Fries

Garlic Bread Sticks



DINNER

STARTERS

Beef Vegetable Soup
Chilled Tropical Fruit

Entrées

@ Shrimp Scampi
Chef Salad

Grill

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

Accompaniments

Honey Glazed Baby Carrots
Seasoned Kale
Cob Cobette

Hawaiian Roll

Desserts

Coconut Custard Pie

TUESDAY DINING

WK 2

LUNCH

STARTERS

Cheesy Ham Potato Chowder
Potato Salad

Entrées

Cheddar and Asparagus Quiche
Country Fried Steak w / Country Gravy

Grill

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

Sandwiches are also available

Accompaniments

Squash w / Thyme
Italian Green Beans
Mashed Potatoes

Wheat Dinner Roll



DINNER

STARTERS

Cheesy Ham Potato Chowder
Potato Salad

Entrées

Southern Fried Chicken
@Vegetable Lasagna
@Baked Chicken Thigh

Grill

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

Accompaniments

Broiled Tomatoes; Collard Greens
Roasted Red Potatoes

Garlic Bread

Desserts

Strawberry Cheese Cake

MONDAY DINING

WK 4

LUNCH

STARTERS

*Greek Lemon Chicken Soup
Potato Salad

Entrées

Grilled Liver & Onions w / Bacon
Chicken Salad

Grill

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

Sandwiches are also available

Accompaniments

Vegetable Mandarin Blend
Butter Beans
Roasted Red Potato



DINNER

STARTERS

*Greek Lemon Chicken Soup
Potato Salad

Entrées

Meatloaf & Gravy
@Baked Chicken
Southern Fried Chicken Thigh

Grill

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

Accompaniments

Macaroni & Cheese
Seasoned Mustard Greens
Peas

Fresh Baked Biscuit

Desserts

Key Lime Pie

SUNDAY DINING

WK 3

LUNCH

STARTERS

Fish Chowder
3-Bean Salad

Entrées

Beef Steak Tips 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

Collard Greens
Sliced Carrots, Mashed Sweet Potatoes

Honey Butter Biscuit



DINNER

STARTERS

Boston Fish Chowder
3-Bean Salad

Entrées

Smothered Chicken Breast & Gravy
@Shrimp Scampi w / Herb 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 of the Day

WEDNESDAY DINING

WK 2

LUNCH

STARTERS

Italian Wedding Soup
Corn & Tomato Salad

Entrées

@Vegetarian Chili w / Beans & /Corn Muffin tomatoes, red bell pepper, onion chili powder, cumin, oregano & cheddar cheese)

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
Peas

Cauliflower Vegetable Blend
(Cauliflower, Broccoli & Carrots)

Dinner Roll



DINNER

STARTERS

Italian Wedding Soup
Corn & Tomato Salad

Entrées

BBQ Pork 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

THURSDAY DINING

WK 2

LUNCH

STARTERS

Egg Drop Soup
Pasta Orzo Mediterranean Lemon

Entrées

Grilled 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

Pepper Medley
Roasted Beets



DINNER

STARTERS

Egg Drop Soup
Pasta Orzo Mediterranean Lemon

Entrées

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

Grill

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

Accompaniments

Oriental Blend Vegetables, Vegetable Egg Roll
Braised Celery, Jasmine Rice
Orange Cranberry Muffin

Desserts

Chocolate Cake w / Coffee Frosting

SATURDAY DINING

WK 3

LUNCH

STARTERS

Shrimp Corn 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 Cobette
Baked Beans



DINNER

STARTERS

Shrimp Corn Chowder
Macaroni Salad

Entrées

@Grilled Salmon w/ Lemon Glaze
Veal Parmesan w/ Garlic Bread

Grill

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

Accompaniments

Seasoned Asparagus, Steamed Carrots
Pasta Herbed Linguine Tossed

Dinner Roll

Desserts

Plain Cheese Cake

FRIDAY DINING

WK 3

LUNCH

STARTERS

Tomato Basil Bisque
Sunshine Salad

Entrées

@Steak Burger w / Sauteed Onions
Tuna Noodle Casserole

Grill

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

Sandwiches are also available

Accompaniments

Fresh Steamed Broccoli Florets
Okra & Tomatoes
Mashed Potatoes w / Cheddar & Chives

Dinner Roll



DINNER

STARTERS

Tomato Basil Bisque
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

Dinner Roll

Desserts

Devils Food Cake w / Buttercream Icing

FRIDAY DINING

WK 2

LUNCH

STARTERS

Wild Rice Chicken Soup
Mediterranean Pasta Salad

Entrées

Smothered Pork Chops w / Gravy
@Grilled Chicken Caesar Salad w / Dressing

Grill

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

Sandwiches are also available

Accompaniments

Seasoned Cabbage
Steamed Carrots w/ Fresh Dill, Au Gratin Potatoes

Fresh Baked Biscuits



DINNER

STARTERS

Wild Rice Chicken Soup
Mediterranean Pasta Salad

Entrées

Braised Beef Brisket
@Broiled Salmon Edamame Tomato

Grill

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

Accompaniments

Seasoned Snap Peas w / Paprika
Wild Rice
Roasted Parsnips, Rutabaga & Carrots

Fresh Baked Biscuits

Desserts

Bread Pudding w / Vanilla Sauce

SATURDAY DINING

WK 2

LUNCH

STARTERS

French Onion Soup
Cucumber & Tomato Salad

Entrées

Eggplant Parmesan w / Marinara & Cheese
Roasted 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

*Mixed Vegetables 4-Way Blend
Fresh Green Beans
Buttered Spaghetti , **Garlic Bread**



DINNER

STARTERS

French Onion Soup
Cucumber & Tomato Salad

Entrées

Roasted Pork Tenderloin w / Mango Salsa
@Seared Sea Scallops w / Garlic Butter

Grill

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

Accompaniments

Diced Butternut Squash
Seasoned Asparagus
Seasoned Orzo w / Parmesan

Wheat Dinner Roll

Desserts

Pecan Pie

THURSDAY DINING

WK 3

LUNCH

STARTERS

White Chicken Chili
Home made-Apple Sauce

Entrées

Monte Cristo Sandwich w / Raspberry 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
Rosemary Potatoes Wedges

Fresh Baked Biscuits



DINNER

STARTERS

White Chicken Chili
Home made-Apple Sauce

Entrées

Herb Pork Loin
@Everything Omelet Station

Grill

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

Accompaniments

Seasoned Red Cabbage
Yellow Squash w / Fresh Dill

Baked Sweet Potato

Fresh Baked Biscuits

Desserts

Sweet Potato Pie

WEDNESDAY DINING

WK 3

LUNCH

STARTERS

Split Pea Soup
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

Italian Green Beans
Baby Lima Beans, Sweet Potatoes Fries
Wheat Dinner Roll



DINNER

STARTERS

Split Pea Soup
Cucumber & Dill Salad

Entrées

Corn Beef Brisket
@Panko-Parmesan Baked Sea Scallops

Grill

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

Accompaniments

Steamed Cabbage, Roasted Red Potatoes
Steamed Carrots
Wheat Dinner Roll

Desserts

Baklava

SUNDAY DINING

WK 2

LUNCH

STARTERS

Butternut Squash Soup
Beet & Onion Salad

Entrées

@Broiled Salmon Fillet w / Lemon Butter
Roast Beef
Scrambled Eggs w / Sausage Link

Grill

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

Accompaniments

Sauteed Eggplant
Lemon-Garlic Asparagus
Baked Potato

French Baguette



DINNER

STARTERS

Butternut Squash Soup
Beet & Onion Salad

Entrées

Pancake Supper (Dollar Cake Stack & Bacon)
@Teriyaki Chicken Thigh

Grill

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

Accompaniments

Hot Cinnamon Sliced Apples
Brown Rice
Vegetable Blend Mandarin

Dinner Roll

Desserts

German Chocolate Cake

MONDAY DINING

WK 3

LUNCH

STARTERS

Navy Bean & Ham 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

Eggplant Ratatouille
Roasted Cauliflower, Breaded Onion Rings
Blueberry Muffin



DINNER

STARTERS

Navy Bean & Ham Soup
Grapefruit Sections

Entrées

Winter Baked Pork Chops
@*Herb Roasted Airline Chicken Breast

Grill

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

Accompaniments

Braised Napa Cabbage
Rice Pilaf
Buttered Croissant

Desserts

Boston Crème Pie

TUESDAY DINING

WK 3

LUNCH

STARTERS

Beef Noodle Soup
Broccoli & Cauliflower Salad

Entrées

Shrimp Fried Rice
Chicken Teriyaki Thigh

Grill

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

Sandwiches are also available

Accompaniments

Stir Fry Mix Vegetable
Vegetable Egg Roll



DINNER

STARTERS

Beef Noodle Soup
Broccoli & Cauliflower Salad

Entrées

@Grilled Tilapia
Turkey Tetrazzini

Grill

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

Accompaniments

Wild Rice

Pumpnickel Bread

Desserts

Yellow Cake with Chocolate Icing