



# RAPPAHANNOCK WESTMINSTER-CANTERBURY

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Spring 2026 Weekly Menus



## Meal Charges & Plan Changes

### **What Meals Are Charged?**

Charged meals include:

- Holiday meals such as Memorial Day, Labor Day, Mother's Day, Father's Day, Thanksgiving, Christmas, and New Year's Day
- "To-go" boxed dinner meals when the Grille is closed in the evening

These meals will be deducted from your plan or charged accordingly.

### **What Meals Are NOT Charged?**

Meals served during Resident Life-sponsored events are not charged. These include:

- Kentucky Derby, Super Bowl, Mardi Gras, and Dinner/Dances

Note: If a "to-go" boxed dinner is offered when the Grille is closed and it's not part of a *Resident Life* event, it will be charged.

# Hours & Information

## Grille Hours

Breakfast 7:30AM - 9:00AM

Lunch 11:00AM - 1:30PM

Dinner 5:00PM - 7:00PM

## Guest Meal Prices

Breakfast: \$6 | Lunch (Mon–Sat): \$11 | Dinner (Mon–Sat): \$16

Sunday Lunch: \$16 | Sunday Dinner: \$11

## Special Guest Meal Prices

Holiday Brunch: \$29.75 with wine | \$25.75 without wine

Sunday Brunch with wine: \$29.75

Picnic Lunch (Summer Holidays): \$18.00 (includes beer)

## Food Allergies

The Dining Services team is aware that many residents have food allergies. If you have any allergies or dietary restrictions, please let us know so we can accommodate your needs.

Your safety and health are our top priorities. We're committed to providing meals that are both enjoyable and safe for everyone.

## Holiday Meals

Reservations are required for seating in the Grille on Easter, Mother's Day, Father's Day, Thanksgiving, Christmas Day, and New Year's Day. To make a reservation, please call ext. 4016.

Dinner is not served in the Grille on these holidays; however, boxed dinners are available. To order a boxed dinner, call ext. 4816 by 3 PM on the holiday. Boxed dinners will be ready for pickup by 5 PM.

Holiday meals are included as part of your meal plan and come with wine and beer.

## Culinary Team Contact Information

Food Service Director ext. 4015

Assistant Director ext. 4019

Chef Manager/Catering ext. 4287

Admin. Assistant (reservations) ext. 4016

Dietitian 804.832.6374

Hostess Desk (Holiday box meals and medical meals) ext. 4816

Kitchen (to order fish, chopped steak, burger, or hot dog) ext. 4017



# SPRING MENU

Week 1



April 13, 14, 15, 16, 17, 18, 19

May 11, 12, 13, 14, 15, 16, 17

June 8, 9, 10, 11, 12, 13, 14

Monday

Apr. 13, May 11, June 8

Week 1

**SOUP** Tomato Bisque

**SALAD** Watergate Salad

**BREAD** Wheat Roll

**DESSERT** Blueberry Pie

## **LUNCH ENTREES**

Ham and Cheese on a Croissant

Chicken Pot Pie

## **LUNCH SIDES**

Herbed Red Potatoes

Green Peas

Cinnamon Butter Carrots

## **DINNER ENTREES**

Shirley's Grilled Pork Chop

Herbed Baked Chicken Thigh

## **DINNER SIDES**

Sauteed Spinach

Spring Peas and Radish

Creamy Mashed Potatoes



Thursday Apr. 16, May 14, June 11 Week 1

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**SOUP** Ham and Bean      **SALAD** Tri Color Rotini

**BREAD** Garlic Bread      **DESSERT** Cannoli

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**LUNCH ENTREES**

Greek Chicken Wrap

Vegetable Lasagna

**LUNCH SIDES**

Chickpea Salad      Carrots with Dill

Roasted Yellow Squash

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**DINNER ENTREES**

Pork Tenderloin with Apple Glaze

Chicken Piccata

**DINNER SIDES**

Mushroom Risotto      Broiled Tomatoes

Buttered Egg Noodles      Broccoli

Friday Apr. 17, May 15, June 12 Week 1

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**SOUP** Seafood Bisque      **SALAD** Corn and Bean

**BREAD** Baguette      **DESSERT** Baklava

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**LUNCH ENTREES**

Chicken Tenders

Creole Shrimp

**LUNCH SIDES**

Cheese Grits      Corn O'Brien

Buttered Peas

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**DINNER ENTREES**

Ribeye Steak Station

Roasted Salmon with Gremolata

*Oven-roasted salmon finished with a fresh herb gremolata of parsley, garlic, and lemon zest for a bright, savory touch.*

**DINNER SIDES**

Baked Potato      Roasted Asparagus

Creamed Spinach

Saturday

Apr. 18, May 16, June 13

Week 1

**SOUP** Turkey Chili

**SALAD** Cucumber Salad

**BREAD** Breadstick

**DESSERT** Pumpkin Pie

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**LUNCH ENTREES**

Teenage Saturdays: Taco Bar

Chili Dogs

**LUNCH SIDES**

Sweet Potato Hash

Creamed Corn

Seasoned Green Beans

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**DINNER ENTREES**

Herbed Crusted Cod

Grilled Pork Filet with Apple Chutney

*Tender grilled pork filet topped with a sweet and tangy apple chutney, balancing warm spices and orchard-fresh flavor.*

**DINNER SIDES**

Baked Sweet Potatoes

Roasted Broccolini

Roasted Mushrooms

Sunday

Apr. 19, May 17, June 14

Week 1

**SOUP** Minestrone

**SALAD** Ambrosia Salad

**BREAD** Buttered Croissant

**DESSERT** Apple Pie

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**BRUNCH ENTREES**

Bacon, Breakfast Sausage, Scrambled Eggs

Eggs Benedict

**BRUNCH SIDES**

Breakfast Potatoes

Steamed Carrots

Roasted Brussels Sprouts

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**DINNER ENTREES**

Roasted Turkey Breast with Gravy

Beef Stew

**DINNER SIDES**

Herbed Stuffing

Roasted Zucchini

Mashed Potatoes

# SPRING MENU

## Week 2



April 20, 21, 22, 23, 24, 25, 26

May 18, 19, 20, 21, 22, 23, 24

June 15, 16, 17, 18, 19, 20, 21

Monday

Apr. 20, May 18, June 15

Week 2

**SOUP** Seafood Bisque

**SALAD** Cole Slaw

**BREAD** Biscuit

**DESSERT** Chocolate Cake

### **LUNCH ENTREES**

Roast Beef au jus

Chicken Stew

### **LUNCH SIDES**

Buttered Noodles

Green Beans

Grilled Asparagus

### **DINNER ENTREES**

Fried Chicken

Herbed Pork Chop

### **DINNER SIDES**

Roasted Potatoes

Collard Greens

Herbed Carrots

Tuesday

Apr. 21, May 19, June 16

Week 2

**SOUP** Chicken Tortilla

**BREAD** Tortilla Chips

**SALAD** Mexican Street

Corn Salad

**DESSERT** Churros

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**LUNCH ENTREES**

Tex Mex Chicken Fajita Wrap

Sloppy Joes

**LUNCH SIDES**

Spanish Rice

Roasted Corn

Fajita Vegetables

(Onions, Peppers)

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**DINNER ENTREES**

Ropa Vieja (Braised Brisket)

*Slow-braised shredded beef brisket simmered with tomatoes, peppers, and savory spices for a rich, comforting classic.*

Citrus Roasted Shrimp

**DINNER SIDES**

Seasoned Black Beans

Herbed Brown Rice

Stewed Tomatoes

Wednesday

Apr. 22, May 20, June 17

Week 2

**SOUP** Manhattan

Clam Chowder

**BREAD** Wheat Roll

**SALAD** Carrot Raisin Salad

**DESSERT** Chocolate

Silk Pie

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**LUNCH ENTREES**

Pecan Crusted Cod

Grilled Pork Chop

**LUNCH SIDES**

Roasted Acorn Squash

Lima Beans

Roasted Root Vegetables

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**DINNER ENTREES**

Sweet & Sour Beef Stew

Coquilles St. Jacques

*Tender sea scallops baked in a creamy white wine sauce, topped with a light golden crust for an elegant finish.*

**DINNER SIDES**

Wild Rice

Lima Beans

Roasted Broccolini

Thursday Apr. 23, May 21, June 18 Week 2

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**SOUP** Cheeseburger

Chowder

**BREAD** Biscuit

**SALAD** Broccoli Slaw

**DESSERT** Banana Bread  
with Vanilla Ice Cream

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**LUNCH ENTREES**

Honey Glazed Ham

Turkey Burger

**LUNCH SIDES**

Roasted Potatoes

Buttered Peas

Spinach

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**DINNER ENTREES**

Sesame Chicken

Thai Basil Beef

**DINNER SIDES**

Vegetable Fried Rice

Garlic Green Beans

Vegetable Eggroll

Friday Apr. 24, May 22, June 19 Week 2

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**SOUP** Italian Wedding

**SALAD** Antipasto

**BREAD** Garlic Breadstick

**DESSERT** Tiramisu

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**LUNCH ENTREES**

Turkey Reuben

Shrimp Po Boy

**LUNCH SIDES**

Sweet Potato Fries

Brussels Sprouts

Glazed Beets

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**DINNER ENTREES**

Rigatoni alla Bolognese

Grilled to Order Salmon

**DINNER SIDES**

Pesto Gnocchi

Roasted Zucchini

Grilled Marinated Eggplant

Saturday Apr. 25, May 23, June 20 Week 2

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**SOUP** Turkey Noodle

**SALAD** Caesar

**BREAD** Dinner Roll

**DESSERT** Apple Pie

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**LUNCH ENTREES**

Teenage Saturdays: BBQ Pulled Pork Sandwich

Beef Gyros on Pita

**LUNCH SIDES**

Macaroni and Cheese

Grilled Asparagus

Roasted Tomato

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**DINNER ENTREES**

Tashawn's Turkey Tetrazzini

Herb Crusted Cod

**DINNER SIDES**

Scalloped Potatoes

Parmesan Broccoli

Green Bean Almondine

Sunday Apr. 26, May 24, June 21 Week 2

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**SOUP** White Bean Turkey

**SALAD** Tomato Cucumber

Chili

**DESSERT** Carrot Cake

**BREAD** Baguette

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**BRUNCH ENTREES**

Challah French Toast with Strawberries

*Thick-cut challah bread dipped in a rich custard, griddled golden, and topped with sweet, juicy strawberries.*

Garden Vegetable Quiche

**BRUNCH SIDES**

Home Fries

Green Bean Casserole

Crispy Bacon

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**DINNER ENTREES**

Baked Spaghetti

Herbed Baked Chicken

**DINNER SIDES**

Mediterranean Orzo

Grilled Zucchini

Roasted Mushrooms

# SPRING MENU

Week 3



April 27, 28, 29, 30

May 1, 2, 3, 25, 26, 27, 28, 29, 30, 31

June 22, 23, 24, 25, 26, 27, 28

Monday

Apr. 27, May 25, June 22

Week 3

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**SOUP** Red Pepper Bisque    **SALAD** Three Bean Salad

**BREAD** Dinner Roll                      **DESSERT** Rice Pudding

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## **LUNCH ENTREES**

Pimiento Grilled Cheese

*Toasted artisan bread filled with creamy pimiento cheese, melted to perfection for a rich and comforting bite.*

Polish Sausage

## **LUNCH SIDES**

Tater Tots

Lemon Garlic Green Peas

Sauerkraut

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## **DINNER ENTREES**

Corned Beef & Cabbage

Cornish Hen

## **DINNER SIDES**

Herbed Red Potatoes

Roasted Carrots

Braised Cabbage

Tuesday Apr. 28, May 26, June 23 Week 3

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**SOUP** Lentil                      **SALAD** Bulgur Tabbouleh  
**BREAD** Lavash                      **DESSERT** Peach Cobbler

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**LUNCH ENTREES**

Falafel on Pita  
Chicken Shawarma

**LUNCH SIDES**

Minty Carrots                      California Blend Vegetables  
Lemon Roasted Potatoes

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**DINNER ENTREES**

Lamb Chops with Mint Jelly  
Curried Flounder

**DINNER SIDES**

Basmati Rice Pilaf                      Grilled Peppers  
Potato Chickpea Hash

Wednesday Apr. 29, May 27, June 24 Week 3

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**SOUP** French Onion                      **SALAD** Cole Slaw  
**BREAD** Wheat Roll                      **DESSERT** Cherry Pie

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**LUNCH ENTREES**

Meatball Sub  
Pasta Station

**LUNCH SIDES**

French Fries                      Buttered Broccoli Spears  
Seasoned Zucchini

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**DINNER ENTREES**

Roasted Bratwurst  
Sherrell's Classic Roast Turkey Breast & Gravy

**DINNER SIDES**

Smashed Red Potatoes      Collard Greens  
Homemade Stuffing

Thursday Apr. 30, May 28, June 25 Week 3

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**SOUP** Broccoli Cheese      **SALAD** Italian Pasta Salad

**BREAD** Baguette      **DESSERT** German  
Chocolate Cake

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**LUNCH ENTREES**

Tuna and Avocado Wrap  
RWC Cobb Salad

**LUNCH SIDES**

Herbed Couscous      Fiesta Corn  
Harvard Beets

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**DINNER ENTREES**

Erika's Chicken Piccata  
Pork Tenderloin and Glaze Station

**DINNER SIDES**

Buttered Noodles      Ratatouille  
Creamed Corn

Friday May 1, May 29, June 26 Week 3

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**SOUP** Lobster Bisque      **SALAD** Couscous

**BREAD** Breadstick      **DESSERT** Carrot Cake

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**LUNCH ENTREES**

Caprese Panini  
*Grilled panini layered with fresh mozzarella, ripe tomatoes, and basil, finished with a drizzle of balsamic glaze.*

Chicken and Dumplings

**LUNCH SIDES**

Mediterranean Orzo      Roasted Brussels Sprouts  
Baked Acorn Squash

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**DINNER ENTREES**

Beef Tenderloin and Demi Station

Roasted Grouper and Béarnaise  
*Delicately roasted grouper served with a silky béarnaise sauce, infused with herbs and a hint of citrus.*

**DINNER SIDES**

Rainbow Carrots      Roasted Fingerling Potatoes  
Grilled Asparagus



# SPRING MENU

Week 4



May 4, 5, 6, 7, 8, 9, 10

June 1, 2, 3, 4, 5, 6, 7, 29, 30

July 1, 2, 3, 4, 5

Monday

May 4, June 1, June 29

Week 4

**SOUP** Pasta e Fagioli

**SALAD** Cowboy Caviar

**BREAD** Garlic Breadstick

**DESSERT** Pumpkin Pie

## **LUNCH ENTREES**

Pulled BBQ Pork Sandwich

Cheese Ravioli with Marinara

## **LUNCH SIDES**

Home Fries

Okra and Tomato

Lima Beans

## **DINNER ENTREES**

Coq Au Vin

*Classic French braised chicken slow-cooked in red wine with mushrooms, onions, and herbs for deep, savory flavor.*

Beef Stroganoff

## **DINNER SIDES**

Mashed Potatoes

Honey Roasted Carrots

Roasted Beets

Tuesday May 5, June 2, June 30 Week 4

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**SOUP** Chicken Tortilla      **SALAD** Cucumber Dill

**BREAD** Naan      **DESSERT** Yogurt with  
Berries and Granola

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**LUNCH ENTREES**

Beef Soft Tacos

Fajita Marinated Chicken Thighs

**LUNCH SIDES**

Spanish Rice      Fajita Vegetables

Mexican Street Corn

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**DINNER ENTREES**

Butter Chicken

Grouper Masala

**DINNER SIDES**

Paneer Palak      Grilled Eggplant

Wednesday May 6, June 3, July 1 Week 4

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**SOUP** Nest's      **SALAD** Cole Slaw

Cheeseburger Chowder      **DESSERT** Sweet Potato Pie

**BREAD** Hush Puppies

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**LUNCH ENTREES**

Fried Fish Sandwich

Baked Ziti

**LUNCH SIDES**

House Potato Chips      Steamed Carrots

German Potato Salad

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**DINNER ENTREES**

Pepper Steak

Roasted Seabass

**DINNER SIDES**

Macaroni and Cheese      Grilled Asparagus

Baked Beans

Thursday May 7, June 4, July 2 Week 4

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**SOUP** Chicken and Wild Rice  
**SALAD** Quinoa Salad  
**DESSERT** Chocolate Cupcake  
**BREAD** Garlic Knots

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### **LUNCH ENTREES**

Bruschetta Chicken  
Pepperoni Pizza

### **LUNCH SIDES**

Roasted Red Potatoes    Fried Okra  
Broccoli

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### **DINNER ENTREES**

Fried Chicken  
Roasted Pork Tenderloin

### **DINNER SIDES**

Corn Pudding                      Mashed Potatoes with Gravy  
Buttered Peas

Friday May 8, June 5, July 3 Week 4

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**SOUP** She Crab  
**BREAD** Corn Muffin  
**SALAD** Kale Caesar  
**DESSERT** Blueberry Pie

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### **LUNCH ENTREES**

Fajita Shrimp  
Butternut Squash Lasagna

### **LUNCH SIDES**

Spanish Rice                      Peppers and Onions  
Succotash

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### **DINNER ENTREES**

Michelle's Crab Cakes  
Chicken Fricassee  
*Tender chicken gently simmered in a light, creamy herb sauce with vegetables for a comforting, homestyle dish.*

### **DINNER SIDES**

White Rice                      Green Beans  
Broiled Tomatoes

Saturday May 9, June 6, July 4 Week 4

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**SOUP** Beef Barley                      **SALAD** Tri-Color Rotini

**BREAD** Biscuits                              **DESSERT** Apple Crisp

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**LUNCH ENTREES**

Teenage Saturdays: Beer Battered Fish

Grilled Chicken Caesar Salad

**LUNCH SIDES**

French Fries                                      Cauliflower

Roasted Yellow Squash

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**DINNER ENTREES**

Shirley's Swedish Meatballs

BBQ Ribs

**DINNER SIDES**

Garlic Noodles                                      Stewed Tomatoes

Lima Beans

Sunday May 10, June 7, July 5 Week 4

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**SOUP** Potato Leek                              **SALAD** Beets and Carrot

**BREAD** Cranberry Orange Muffin                      **DESSERT** Angel Food Cake with Berries

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**BRUNCH ENTREES**

Belgian Waffles and Pancakes

Omelet Station

**BRUNCH SIDES**

Potatoes O'Brien                                      Chuckwagon Corn

Spinach

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**DINNER ENTREES**

Salisbury Steaks with Demi and Caramelized Onions

Shrimp Scampi

**DINNER SIDES**

Mushroom Risotto                                      Roasted Carrots

Buttered Peas



Rappahannock  
Westminster-Canterbury



CULINARY SERVICES GROUP