RAPPAHANNOCK WESTMINSTER-CANTERBURY

Fall 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



FALL MENU

Week 1



September 28, 29, 30
October 1, 2, 3, 4, 26, 27, 28, 29, 30, 31
November 1, 23, 24, 25, 26, 27, 28, 29
December 21, 22, 23, 24, 25, 26, 27

Monday Sept. 28, Oct. 26, Nov. 23, Dec. 21 Week 1

SOUP Smoky Chili with Pinto Beans

BREAD Assorted Dinner Rolls

SALAD Cranberry Apple Walnut

DESSERT Warm Apple Cranberry Crisp

LUNCH ENTREES

Turkey, Apple, and Brie Croissant

Lobster Roll on Bun

LUNCH SIDES

Sea Salt Sweet Potato Wedges

Harvard Sliced Beets

Paprika Green Peas

DINNER ENTREES

Harvest Turkey with Cranberry Pan Sauce

Classic Meatloaf with Caramelized Onion Gravy

DINNER SIDES

Roasted Garlic Mashed Potatoes

Sauteed Spinach

Spaghetti Squash

Tuesday Sept. 29, Oct. 27, Nov. 24, Dec. 22 Week 1

SOUP Roasted Butternut Squash Bisque

BREAD Dinner Rolls

SALAD Italian Pasta Salad

DESSERT Carrot Apple Cake with Cream Cheese Frosting

LUNCH ENTREES

Maple Dijon Chicken with Roasted Apples
Tender chicken glazed with a sweet and tangy maple-Dijon sauce, served with warmly roasted apples for a comforting balance of savory and sweet.

BBQ Beef on Bun

LUNCH SIDES

Lemon Rice Pilaf

Maple Roasted Brussels Sprouts

Yellow Squash Casserole
Yellow squash, aromatics, and spices combined into a flavorful casserole topped with panko breadcrumbs.

DINNER ENTREES

Apple Cider Glazed Pork Tenderloin

Roasted Flounder Provencale
Delicately roasted flounder finished with Provençal herbs, garden vegetables, and white wine butter.

DINNER SIDES

Smoked Gouda Macaroni and Cheese

Stewed Tomatoes

Sugar Snap Peas

Wednesday Sept. 30, Oct. 28, Nov. 25, Dec. 23 Week 1

SOUP Chicken Gumbo

BREAD Garlic Breadsticks

SALAD Harvest Greens with Apple and Cranberry

DESSERT Tiramisu

LUNCH ENTREES

Roasted Tomato, Goat Cheese, and Basil Flatbread

Hot Dog with Chili

LUNCH SIDES

Parmesan Orzo with Roasted Vegetables

Herbed Zucchini and Summer Squash

Buttered Steamed Radishes

DINNER ENTREES

Homemade Beef and Spinach Lasagna

Chicken Breast Stuffed with Brie and Apple

DINNER SIDES

Creamy Parmesan Polenta

Savory Roasted Asparagus

Ratatouille Eggplant
Medley of fresh vegetables baked with a layer of melted mozzarella.

Thursday Oct. 1, Oct. 29, Nov. 26, Dec. 24 Week 1

SOUP Cheddar Broccoli **SALAD** Caesar

BREAD Garlic Bread **DESSERT** Fruit of the Forest Pie

LUNCH ENTREES

Turkey and Wild Rice Stuffed Peppers

Beef Stroganoff

Tender strips of beef simmered in a creamy mushroom and brandy sauce, served over buttered noodles.

LUNCH SIDES

Herbed Egg Noodles

Succotash

Fire-Roasted Corn

DINNER ENTREES

Slow-Roasted Pot Roast with Root Vegetables

Maple Glazed Ham

DINNER SIDES

Mashed Sweet Potatoes

Homemade Stuffing

Peas and Carrots

Friday Oct. 2, Oct. 30, Nov. 27, Dec. 25 Week 1

SOUP Wild Mushroom Bisque

BREAD Assorted Dinner Rolls

SALAD Herb CousCous with Roasted Vegetables

DESSERT Spiced Peach Bread Pudding

LUNCH ENTREES

Flauta Chicken Chili

Roasted Lamb Leg

LUNCH SIDES

Cheddar and Chive Scalloped Potatoes

Garlic Sautéed Spinach

Minty Carrots

DINNER ENTREES

Chicken Cordon Bleu with Dijon Cream

Virginia Crab Cake with Lemon Herb Sauce

Golden-seared crab cakes brimming with sweet Chesapeake crab, paired with a zesty remoulade.

DINNER SIDES

Rosemary Home-Fried Potatoes

Buttered Green Beans

California Blend Vegetables

Broccoli, cauliflower, carrots

Saturday Oct. 2, Oct. 31, Nov. 27, Dec. 26 Week 1

SOUP Chicken Florentine
BREAD Garlic Breadsticks
SALAD Ambrosia with Whipped Topping
DESSERT Pecan Pie

LUNCH ENTREES

Italian Sausage, Pepper and Onion Hoagie
Turkey Ruben

LUNCH SIDES

Rosemary Potato Wedges
Brown Sugar Acorn Squash
Corn, Tomato, and Zucchini Medley

DINNER ENTREES

Shrimp Scampi over Linguine
Herb Roasted Pork Loin

DINNER SIDES

Linguine with Garlic
Roasted Gold Potatoes
Broiled Tomatoes
Sauteed Fresh Mushrooms

Sunday Oct. 4, Nov. 1, Nov. 28, Dec. 27 Week 1

SOUP Seafood Bisque
BREAD Assorted Dinner Rolls
SALAD Cauliflower Pear and Onion
DESSERT New York Cheesecake

LUNCH ENTREES

Braised Beef Tips with Mushroom Gravy
Eggs Benedict

LUNCH SIDES

Apple Cinnamon French Toast
Pancakes
Breakfast Sausage Link and Bacon
Herbed Green Beans
Roasted Vegetables

DINNER ENTREES

Blackened Grouper with Corn Relish
Chicken Alfredo with Linguine

DINNER SIDES

Brown Rice
Cajun Corn and Peppers
Roasted Brussels Sprouts

FALL MENU

Week 2



October 5, 6, 7, 8, 9, 10, 11

November 2, 3, 4, 5, 6, 7, 8, 30

December 1, 2, 3, 4, 5, 6

Monday Oct. 5, Nov. 2, Nov. 30 Week 2

SOUP Beef Barley

BREAD Assorted Dinner Rolls

SALAD Waldorf Apple

DESSERT Apple Cider Donut Bread Pudding

LUNCH ENTREES

Turkey, Maple, Walnut and Brie Panini

Buffalo Burger

Grilled lean bison burger layered with aged cheddar and served on a toasted brioche bun.

LUNCH SIDES

Crispy Sweet Potato Fries

Parmesan Broccoli

Garlic Butter Succotash

Savor the crisp-tender corn, lima beans, and sautéed in rich garlic butter, seasoned with pepper.

DINNER ENTREES

Rosemary Pork Tenderloin with Apple Chutney

Caprese Quiche

DINNER SIDES

Herbed Rice Pilaf

Glazed Honey Carrots

Seasoned Kale

Tuesday Oct. 6, Nov. 3, Dec. 1 Week 2

SOUP Black Bean and Butternut Squash Chili

BREAD Assorted Dinner Rolls

SALAD Potato Salad

DESSERT Pumpkin Cheesecake

LUNCH ENTREES

Honey Citrus Baked Salmon

Made-to-Order Omelets

LUNCH SIDES

Rosemary Roasted Red Potatoes

Sauteed Fresh Spinach

Yellow Squash with Thyme

DINNER ENTREES

Oven-Fried Chicken with Country Gravy

Herb Roasted Chicken Breast

DINNER SIDES

Roasted Red Potatoes

Collard Greens

Broiled Tomatoes

Savor the classic taste of fresh tomatoes topped with crisp, paprika-infused breadcrumbs.

Wednesday Oct. 7, Nov. 4, Dec. 2 Week 2

SOUP Cheeseburger Chowder

BREAD Assorted Dinner Rolls

SALAD Broccoli Cranberry Slaw

DESSERT Cranberry Pear Crisp

LUNCH ENTREES

Harvest Chicken Vegetable Stew

Three Cheese Enchiladas

LUNCH SIDES

Brown and Wild Rice Pilaf

Buttered Egg Noodles

California Blend Vegetables

Broccoli, cauliflower, carrots

DINNER ENTREES

Swedish Meatballs with Dill Cream Sauce

Roasted Lamb Chops

DINNER SIDES

Gruyère Au Gratin Potatoes

Seasoned Cabbage

Steamed Dill Carrots

Thursday Oct. 8, Nov. 5, Dec. 3 Week 2

SOUP Harvest Minestrone

BREAD Garlic Bread

SALAD Mediterranean Lemon Orzo

DESSERT Maple Apricot Crisp

LUNCH ENTREES

Roasted Vegetable and Ricotta Lasagna

Turkey Roast with Gravy

LUNCH SIDES

Parmesan Herb Polenta

Autumn Vegetables

Green Beans

DINNER ENTREES

Sweet and Sour Pork with Pineapple

Grilled Tuna with Teriyaki Sauce

DINNER SIDES

Jasmine Rice

Vegetable Egg Roll

Steamed Broccoli

Oriental Vegetable Blend

Green beans, broccoli, onions, carrots, red peppers, mushrooms

Friday Oct. 9, Nov. 6, Dec. 4 Week 2

SOUP Roasted Cauliflower and Cheese

BREAD Assorted Dinner Rolls

SALAD Cucumber and Tomato

DESSERT Blueberry Pie

LUNCH ENTREES

Grilled Bratwurst with Sauerkraut

Herb Crusted Grouper

LUNCH SIDES

Seasoned Steak Fries

Roasted Pepper Medley

Roasted Beets

DINNER ENTREES

Braised Beef Short Ribs with Red Wine Jus

Coconut Shrimp

DINNER SIDES

Harvest Gold Mashed Potatoes

Fried Green Tomatoes

Oven Roasted Brussels Sprouts

Saturday Oct. 10, Nov. 7, Dec. 5 Week 2

SOUP French Onion

BREAD Assorted Dinner Rolls

SALAD Apple Cranberry Slaw

DESSERT Late Summer Peach Cobbler

LUNCH ENTREES

Beef and Root Vegetable Stew

Homemade Stuffed Flounder

LUNCH SIDES

Cranberry Wild Rice Pilaf

Paprika Sugar Snap Peas

Roasted Parsnip, Rutabaga, and Carrots

DINNER ENTREES

Garlic Butter Scallops over Parmesan Orzo

Chicken Pot Pie with Flaky Crust

DINNER SIDES

Parmesan Herb Orzo

Seasoned Fresh Asparagus

Diced Butternut Squash

Sunday Oct. 11, Nov. 8, Dec. 6 Week 2

SOUP Lobster Bisque

BREAD Assorted Dinner Rolls

SALAD Beet and Onion

DESSERT Banana Bread with Vanilla Ice Cream

LUNCH ENTREES

Roasted Maple Salmon

Beef Tenderloin Medallions with Bernaise Sauce

Pancakes and Belgian Waffles

LUNCH SIDES

Loaded Baked Potato

Lemon Garlic Asparagus

Scandinavian Blend

Peas, zucchini, carrots, green beans, onions

DINNER ENTREES

Maple Glazed Ham

Chicken Teriyaki Thigh

DINNER SIDES

Baked Sweet Potato

Vegetable Egg Roll

Green Bean Casserole

FALL MENU

Week 3



October 12, 13, 14, 15, 16, 17, 18

November 9, 10, 11, 12, 13, 14, 15

December 7, 8, 9, 10, 11, 12, 13

Monday Oct. 12, Nov. 9, Dec. 7 Week 3

SOUP Tuscan White Bean

BREAD Assorted Dinner Rolls

SALAD Tex-Mex Caviar
A medley of black beans, corn, and peppers in a cilantro-lime vinaigrette, served chilled.

DESSERT Pumpkin Spice Cake

LUNCH ENTREES

Monterey Chicken with Roasted Corn Salsa
Char-grilled chicken breast layered with smoky bacon, melted Monterey Jack cheese, and a drizzle of tangy barbecue glaze.

Marinated Flank Steak

LUNCH SIDES

Cilantro Lime Rice

Fajita Blend Vegetables

Southwest Roasted Corn
Tender corn and fresh peppers, lightly spiced.

DINNER ENTREES

Smothered Chicken Breast with Onion Gravy

Pork Tenderloin with Apple Cider Glaze

DINNER SIDES

Smoked Cheddar Macaroni and Cheese

Beets

Turnip Greens

Tuesday Oct. 13, Nov. 10, Dec. 8 Week 3

SOUP Wonton

BREAD Assorted Dinner Rolls

SALAD Marinated Tofu Noodle

DESSERT Cranberry Apple Crisp

LUNCH ENTREES

Ginger Shrimp Fried Rice

General Tso Chicken

LUNCH SIDES

Vegetable Spring Roll

Stir Fry Vegetable Blend

DINNER ENTREES

Maple Salmon

Autumn Turkey Tetrazzini

DINNER SIDES

Cranberry Wild Rice

Roasted Asparagus

Calico Corn

Colorful medley of corn, red and green peppers, and onions, sautéed and lightly seasoned.

Wednesday Oct. 14, Nov. 11, Dec. 9 Week 3

SOUP Corn Chowder with Shrimp

BREAD Garlic Breadsticks

SALAD Roasted Beets and Carrot

DESSERT Baklava

LUNCH ENTREES

Turkey, Spinach and Provolone Stromboli

House Made Chicken Tenders

LUNCH SIDES

Maple Sweet Potato Fries

Italian Cut Green Beans

Sauteed Zucchini and Yellow Squash

DINNER ENTREES

Soft Greek Chicken Salad

Roasted Herb Lamb Chop

DINNER SIDES

Rosemary Roasted Red Potatoes

Roasted Parsnips

Fresh Broccoli

Thursday Oct. 15, Nov. 12, Dec. 10 Week 3

SOUP Chicken and Wild Rice

SALAD Hot German Potato

DESSERT Blueberry Cobbler

BREAD Assorted Dinner Rolls

LUNCH ENTREES

Caramelized Onion, Cheese, and Potato Pierogi

Veal Weiner Schnitzel
Tender veal cutlet, breaded and pan-fried until golden brown, served crisp and flavorful in the classic Austrian style.

LUNCH SIDES

Brown Sugar Baked Acorn Squash

Peas and Onions

Brown Butter Spaetzle
Traditional German egg noodles, soft and buttery.

DINNER ENTREES

Turkey Pot Roast
Slow-braised turkey with root vegetables in a savory herb pan sauce, comfort refined.

Herb Roasted Chicken with Pan Gravy

DINNER SIDES

Wild Rice Pilaf

Succotash

California Blend Vegetables
Broccoli, cauliflower, carrots

Friday Oct. 16, Nov. 13, Dec. 11 Week 3

SOUP Carrot Ginger

BREAD Assorted Dinner Rolls

SALAD Roasted Beet and Mandarin Orange

DESSERT Maple Chocolate Mania Cake

LUNCH ENTREES

Cider-Braised Corned Beef Brisket

Shrimp and Scallop Mornay

LUNCH SIDES

Roasted Fingerling Potatoes

Garlic Sauteed Spinach

Burgundy Mushrooms
Mushrooms sauteed with burgundy wine.

DINNER ENTREES

Crispy Oysters with Remoulade

Baked Cornish Hens

DINNER SIDES

Herbed Orzo

Buttered Herbed Carrots

Sauteed Cabbage

Saturday Oct. 17, Nov. 14, Dec. 12 Week 3

SOUP Ham and Split Pea

SALAD Autumn Macaroni

BREAD Garlic Bread

DESSERT Sweet Potato Cheesecake

LUNCH ENTREES

Grilled Hamburger

Turkey Sausage on a Pretzel Bun

LUNCH SIDES

Maple Baked Beans

Corn on the Cob

Sauerkraut

DINNER ENTREES

Shepherd's Pie

Classic ground beef and vegetables in rich gravy, crowned with buttery mashed potatoes, oven-baked to a golden crust.

Veal Parmesan with Marinara

DINNER SIDES

Garlic Butter Linguine

Creamed Peas

Steamed Beets

Sunday Oct. 18, Nov. 15, Dec. 13 Week 3

SOUP Clam Chowder

SALAD Three Bean

BREAD Assorted Dinner Rolls

DESSERT Chocolate Lava Cake

LUNCH ENTREES

Miso Glazed Cod

Blueberry Pancakes

Apple Cinnamon Pancakes

LUNCH SIDES

Maple Mashed Sweet Potatoes

Parslied Carrots

DINNER ENTREES

Burgundy Beef Tips with Mushrooms

Tender beef tips simmered in a burgundy wine sauce and mushrooms, and aromatics.

Garlic Roasted Shrimp

DINNER SIDES

Roasted Gold Mashed Potatoes

Peas and Mushrooms

Corn O'Brien

FALL MENU

Week 4



October 19, 20, 21, 22, 23, 24, 25

November 16, 17, 18, 19, 20, 21, 22

December 14, 15, 16, 17, 18, 19, 20

Monday | Oct. 19, Nov. 16, Dec. 14 | Week 4

SOUP Squash Bisque

SALAD Potato Salad

BREAD Assorted Dinner Rolls

DESSERT Maple Apple Bread Pudding

LUNCH ENTREES

Smothered Liver and Onions with Applewood Bacon

Dill Turkey Melt

LUNCH SIDES

Rosemary Roasted Potatoes

Butter Beans

Mandarin Vegetable Blend

Asparagus, snap peas, mandarin oranges, water chestnuts, and red onions sauteed with a robust, sweet, and tangy sauce.

DINNER ENTREES

Turkey Meatloaf with Poultry Gravy

Herb Roasted Chicken with Country Gravy

DINNER SIDES

Roasted Garlic Mashed Potatoes

Mustard Greens

Broiled Tomatoes

Savor the classic taste of fresh tomatoes topped with crisp breadcrumbs.

Tuesday Oct. 20, Nov. 17, Dec. 15 Week 4

SOUP Turkey Wild Rice

BREAD Assorted Dinner Rolls

SALAD Tomato Cucumber

DESSERT Cherry Cake with Cream Cheese Frosting

LUNCH ENTREES

Roast Beef and Caramelized Onion French Dip

Baked Sea Bass with Lemon Caper Sauce

LUNCH SIDES

Herbed Penne with Roasted Tomatoes

Wild Mushroom Risotto

Seasoned Yellow Squash

Spinach with Garlic

DINNER ENTREES

Beef Stroganoff with Tenderloin
Tender strips of beef simmered in a creamy mushroom and brandy sauce, served over buttered noodles.

Shrimp Scampi over Linguine

DINNER SIDES

Linguine with Garlic Butter

Honey Glazed Carrots

Roasted Brussel Sprouts

Wednesday Oct. 21, Nov. 18, Dec. 16 Week 4

SOUP Creamy Asparagus

BREAD Garlic Bread

SALAD Kale, Apple, and Cranberry

DESSERT Cinnamon Rice Pudding with Raisins

LUNCH ENTREES

Turkey, Apple and Cheddar Melt

Glazed Baked Ham

LUNCH SIDES

Au Gratin Potatoes

Roasted Asparagus

Baked Acorn Squash

DINNER ENTREES

Chicken Parmesan with Marinara

Indian Spiced Cod
Cod marinated in coconut curry and oven roasted.

DINNER SIDES

Buttered Spaghetti

Roasted Parsnips

Parmesan Roasted Broccoli

Thursday Oct. 22, Nov. 19, Dec. 17 Week 4

SOUP Pasta Fagioli
Tender pasta, white beans, and aromatic vegetables in a savory tomato broth.

SALAD Fresh Fruit

DESSERT Late Summer Peach Pie

BREAD Assorted Dinner Rolls

LUNCH ENTREES

Grilled Ham, Apple, and Cheese

BBQ Baked Chicken Breast

LUNCH SIDES

Buttered Rotini with Parmesan

Italian Cut Green Beans

Roma Tomato Casserole
A blend of tomatoes, onions, feta cheese, and herbs, all brought together in a casserole.

DINNER ENTREES

Garlic Herb Turkey Roulade with Cranberry Jus
Turkey breast roulade infused with garlic, rosemary, and thyme, sliced and presented with pan jus.

Mediterranean Flounder with Tomatoes and Olives

DINNER SIDES

Sage Stuffing

Mashed Gold Potatoes

Yellow Squash

Cranberry Sauce

Friday Oct. 23, Nov. 20, Dec. 18 Week 4

SOUP Tomato and Roasted Red Pepper Bisque

SALAD Autumn Greens with Pear and Pecans

BREAD Assorted Dinner Rolls

DESSERT Apple Bread Pudding

LUNCH ENTREES

Balsamic Maple Salmon

Butternut Squash Lasagna

LUNCH SIDES

Roasted Garlic Au Gratin Potatoes

Honey Parsnips and Carrots

Roasted Beets

DINNER ENTREES

Beef Tenderloin Carving Station with Red Au Jus

Roasted Vegetable and Cheese Quesadilla

DINNER SIDES

Roasted Parmesan Broccoli

Loaded Baked Potato

Fajita Blend Vegetable
Savor the classic blend of succulent onions and fresh green peppers sauteed to perfection.

Saturday Oct. 24, Nov. 21, Dec. 19 Week 4

SOUP Lentil

BREAD Assorted Dinner Rolls

SALAD Apple Coleslaw

DESSERT Peanut Butter and Chocolate Pie

LUNCH ENTREES

Chicken and Herb Dumplings

Stuffed Cabbage Roll

Tender cabbage leaves filled with seasoned beef and rice, simmered in a light tomato reduction.

LUNCH SIDES

Wild Rice Pilaf

Balsamic Roasted Vegetables

Roasted Cauliflower

DINNER ENTREES

Tender BBQ Pork Ribs

Grilled Garlic Shrimp

DINNER SIDES

Rosemary Roasted Red Potatoes

Chuckwagon Corn

Tender corn seasoned with fresh green and roasted red peppers, spiced with black pepper, and mixed with onions.

Buttered Lima Beans

Sunday Oct. 25, Nov. 22, Dec. 20 Week 4

SOUP Shrimp and Roasted Corn Bisque

BREAD Garlic Bread

SALAD Beets and Carrot

DESSERT Red Velvet Cake

LUNCH ENTREES

Herb Crusted Prime Rib

Bagel and Lox Bar

LUNCH SIDES

Baked Sweet Potatoes

Seasoned Zucchini

Buttered Broccoli Spears

DINNER ENTREES

Baked Ziti with Roasted Vegetable Meat Sauce

Chicken Cacciatore

DINNER SIDES

Spaghetti Squash

Coleslaw

Roasted Brussels Sprouts







Rappahannock
Westminster-Canterbury

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